

Traditional

Aikido

SWORD · STICK · BODY ARTS
VOL.2 ADVANCED TECHNIQUES



by Morihiro Saito · 8th dan

Saito

TRADITIONAL AIKIDO

VOL.2



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TRADITIONAL

Aikido

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As taught by the Founder to the Author, Aikido is an extremely efficient and versatile martial art. It does not rely upon a weapon or weapons but shows that the body movements are the same whether one holds a weapon or not.

The term *riai* means, literally, a blending of truths. By understanding Aikido through *riai*, one sees that the *taijutsu* techniques were developed from movements using the sword. Therefore, training with the sword will develop *taijutsu* technique.

The Founder said that a weapon should be used as an extension of the body. However, he stressed that one should not develop a dependence upon a particular weapon. To build this feeling, one should practice the basic exercises of *ken* and *jo suburi*, *tai no henko*, and *kokyu dosa* consistently. A good understanding of these basic exercises will enable the practitioner to move smoothly and surely with or without weapons.

Explanations have purposely been kept at a minimum to encourage the reader to use the book as a guide to developing understanding through practice.

About the Author

Mr. Morihiro Saito was born in Ibaraki Prefecture in March of 1928. In July of 1946, he met and became the student of Professor Morihei Ueshiba, the founder of Aikido, at the Ibaraki Outdoor Dojo in Iwama. He lived at the dojo and worked hard for the Founder even though he held a regular job. So complete was his desire to learn Aikido and his devotion to the Founder, that after his marriage, instead of a honeymoon trip, he left his bride to train with Professor Ueshiba.

At the New Year Celebration in 1959 he became an instructor at the Main Headquarters Dojo in Tokyo. Through his Sunday morning practices at the Headquarters Dojo, he attracted many students by his personal character and enthusiasm for Aikido.

He became head of the Ibaraki Dojo in April of 1969 after the death of the Founder. Together with his wife, he also cares for the Aiki Shrine next to the dojo. In addition, he also regularly instructs at Kanagawa, Ibaraki, Iwate, and Tohoku Gakuin Universities, the Miyagi Branch Dojo and the Japan Self Defense Force Army Weapons School in Tsuchiura. Other Aikido groups in Japan and from abroad also come to the Ibaraki Dojo for instruction.

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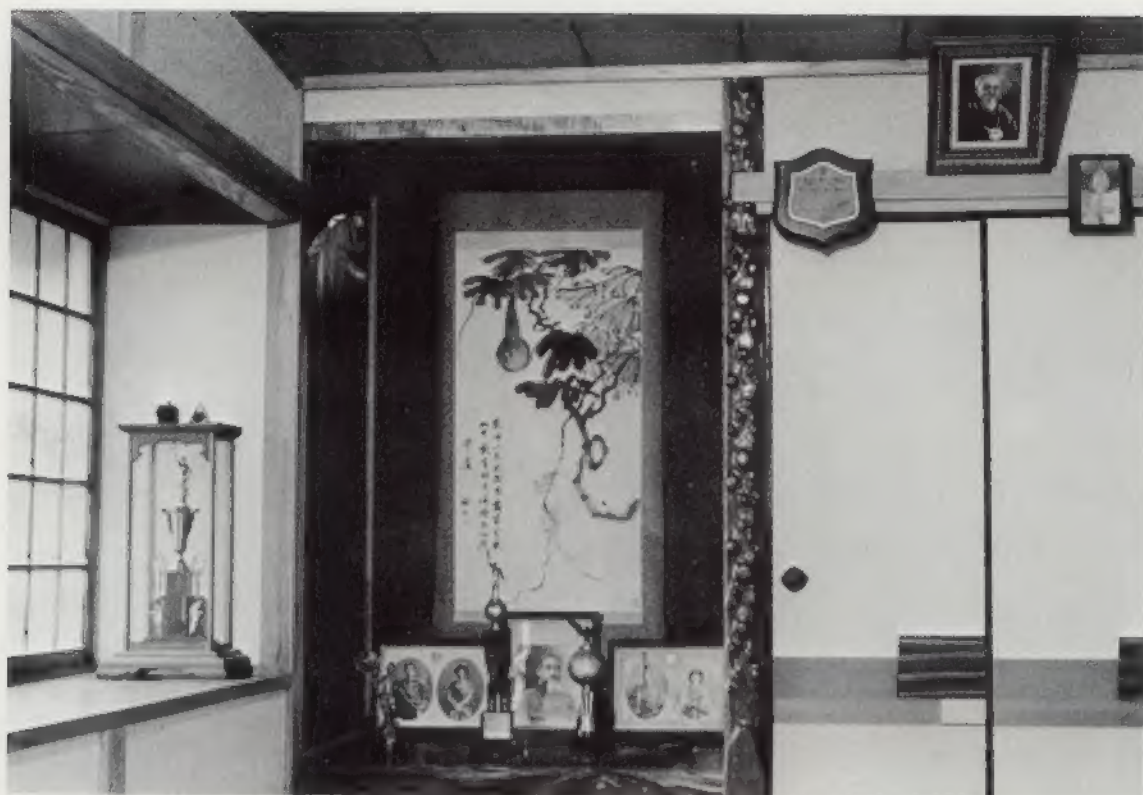
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まえがき

前巻では、剣・杖の基本的な練習法と体術との理合について説明しました。本書は開祖の残された組太刀を基に、応用と変化を説明し、組杖、更に杖と体術、体術と剣、剣と杖と云うように、その理合を広げて説明することにしました。

合気道の組太刀には、合気道原則による体捌きが包含されています。従って、組太刀の途中いずれの部分からでも即体術に変化することが可能とされています。組杖も同じことが云えます。これ等の組太刀・組杖の場合、剣・杖を意識し過ぎると体術に移行することに困難が生じます。それ故に特に本書では一目瞭然に何人にも習得出来る、写真で細かに説明することにしました。合気道の指導者をはじめ者には必順の教書とも云い得るでしょう。私は、前巻と本書および手先している第二巻によって、合気道の真理を正しく広く理解していただくことを念願して止みません。

本書発行に際しては、養神館道場塩田剛一館長ならびに合気道本部道場師範西尾昭一先生並びに小林康男先生より、演武中の写真を提供していただきました。衷心よりお礼申し上げます。第一巻に引き続き、茨城道場・稲垣繁生、梅沢正家両君のご協力に対しても厚くお礼申し上げます次第です。

昭和48年9月15日

斉藤守弘

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FOREWORD

The previous book covered the relationships between the basic techniques and practice methods of jō, ken, and taijutsu. This volume explains the application and variations of the basic kumitachi as developed by the founder, Professor Morihei Ueshiba. Also the concept of Riai has been expanded to include kumijo and relationships between jō and taijutsu, taijutsu and ken, and ken and jō.

In Aikidō, the kumitachi contain body movements according to the principles of Aiki. It is possible at any time during the kumitachi to change to taijutsu. The same holds true for the kumijō. However, it will be very difficult to switch to taijutsu, if one is dependent upon jō or ken. Therefore, for easier understanding the explanations have been made by use of detailed photographs. If the aim of the reader is to instruct in Aikidō, then this book should be considered necessary.

I sincerely hope that the first volume, this book, and the third intended volume will help the reader to broaden his understanding and correctly grasp the principles of Aikidō.

In the publication of this book, the cooperation of Sensei Gōzō Shiota of the Yōshinkan Dōjō, Sensei Shōji Nishio of Aikidō Headquarters Dōjō and Sensei Yasuo Kobayashi, through their donation of photographs, is deeply appreciated. I would also like to thank Shigemu Inagaki and Masae Umezawa of the Ibaraki Dōjō for their participation in this book as well as in the previous one.

September 15, 1973

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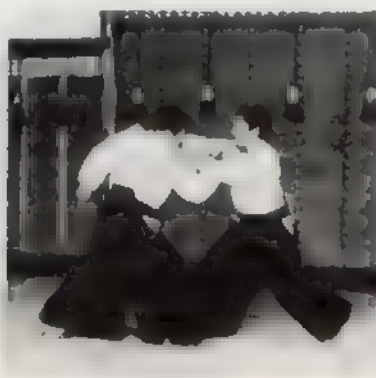
剣・杖・体術と体捌き

稽古に元が特に申す所は、小手先だけ、剣、杖および体術の技にならないよ、心掛けることである。それには余り手を使わずいわゆる体捌きにより相手をくずし、巻き込む、倒す等の基本を練習すべきである。

一般に云われる如く「合気道は、徒手の七体である」と云うけれども、この「七」は「体捌き」の「七」である。こゝで又換えて話しを進めることにする。徒手と云うことは何も持たないこと、むづいである。剣・杖を打つておそれ、こゝをわかれず、吾身の一部分として扱い得た者かなし得る程の技である。合気道では、徒手であるか、かは、物を現実、持っているか、ないかの相違だけである。「理合」の第四巻「お判りのよし」、技術的には剣の動き、杖の動き、体術の動きは、名、体、な、といふところから、本書を最後までお読みいただくには、更、別、の関連性にお気付きになると思ふ。例へば、自分が杖を持ち相手が剣で打つた場合、武道であるからにはそれを捌きなければならぬ。然し又、自分が剣を持ち相手が杖を突いてきた場合にもやはり制



(写真はいちり取り体捌き) ①



②



③

Ken, Jō, Taijutsu, and Body Movements

Before practice, it is important to mention that ken, jō, and taijutsu techniques are not intended to be done with just the hands. Therefore, one should not use the hands too much but practice as the basis of technique body movements that will turn, throw, or upset the balance of an opponent.

Generally, it is said that the main aspect of Aikidō is "empty handed" technique. Instead the idea is advanced here that the main aspect is body movement. "Empty handed" means literally not to be holding anything. However, "empty handed" may perhaps also mean that even while holding a ken or jō one should not rely only upon the weapon. The person who can use a ken or jō as a part of his body will be able to do "empty handed" technique. For, in Aikidō, it does not matter if the techniques are "empty handed" or if one is actually holding something.

It is hoped that the concept of Riai as presented in the first volume has been understood. That is, ken, jō, and taijutsu movements have been combined from three parts into a single body. If this book is read completely,

しなければならないのである。自分が素手であつても、相手が素手になつても兎に角同じことが云える。このように考える時にも、剣・杖・体術の関係は決して矛盾するものではない、自分が合気道・体捌きの原則に従つてゐる限り、何を持つても或いは持たなくても必ず相手を制することが出来る。体捌きこそ、剣・杖・体術を混然一体の働きをなすため、合気道を構成してゐるものである。故に剣に頼り過ぎ、杖を意識し過ぎることは弊物である、と云ふことを、重ねて本書でも強調する次第です。

剣と違い杖は操作が複雑なもので、ついつい意識し過ぎるものである。第 1 巻の練習を充分に行ひ、素振り二年以上、身体一部が如く色々まま、扱へる様努力されることも大切である。又、剣による「鍛練打ち」も是非行われなければならない。それらを修練することは、体術に最も必要な腰の安定性を養う為に大きな役割を果すことになる。そして遂には腰の安定した体捌きが出来るようになるのである。



it is felt that one will develop another relationship - control of the opponent through body movement. For instance, when holding a jō and facing an opponent who strikes with a ken, one must be able to control him. Conversely, when one holds a ken and faces an opponent with a jō the same is true. If both are without weapons, the attacker still must be controlled. If one bears in mind the above concepts, inconsistencies will not arise. One will be able to control an opponent without fail regardless of whether a weapon is involved or not providing the idea of body movement is grasped and understood. Emphasis on body movement unifies ken, jō, and taijutsu techniques into a single Aikido.

If must be pointed out once more that too much dependence upon jō or ken is not a good idea and is to be avoided

Because jō movements are more varied than those of ken, the tendency is to think they are more difficult and different. Therefore, one must practice basic techniques as outlined in Volume I until the jō and ken are felt to be

合気道は徹底的に無抵抗に養われる。技ノ一では、そのは体捌きといふものがある。然、その
 体捌きもしっかりした鍛錬は、其本練習のあり、その意味をもつてある。



7



8



9

part of the body. A minimum of two years practice of the basic suburi is recommended. One should by all means practice the tanren uchi exercise. Those practices will develop a stability of the hips that is most necessary in taijutsu. Body movement must be accomplished from the hips

Aikidō is an art of non-resistance. In technique this is done through body movement. Body movement is developed through the basic practices.

鍛練打ち

鍛練打ち。方法は、手軽に入手できる自動車のタイヤ（なるべく細い方がよい。叩いた時10センチ位へこむのが最適）を固定したものを利用するのが簡単である

鍛練打ちの目的は腰を安定させ、握りをしっかりさせることにある。打ち方は写真を参照して戴きたい。鍛練打ちの時の握りは両手を離さずにつけた方がよい。鍛練打ち用の木剣は丸目の太物を使用する。



1
両手（両手）の間隔はせ
まい方がよい。

Hold both hands
together as shown



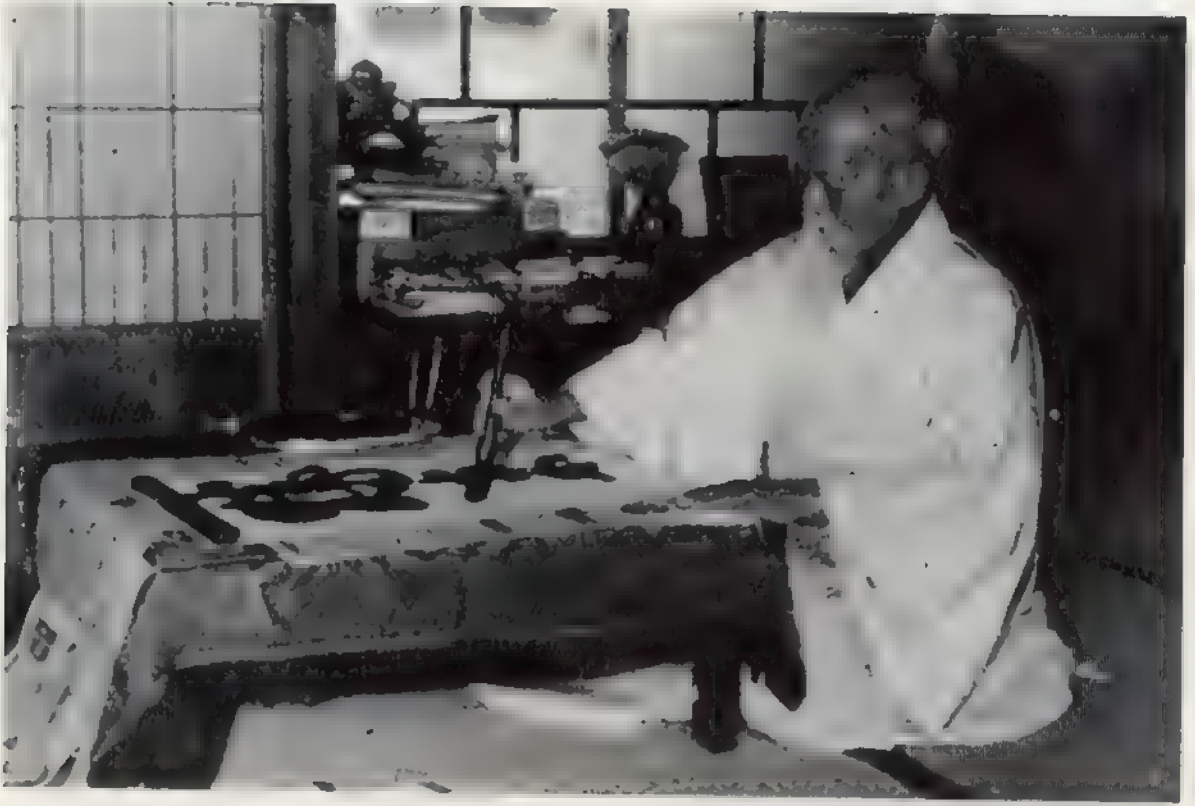
Tanren Uchi

For tanren uchi practice, the easiest object on which to strike is a tire (preferably, the tire is a small one, like a motorcycle tire, capable of deflecting about 10cm when struck.)

The purpose of tanren uchi practice is to develop stability of the hips and to improve the grip on the ken.

Reference should be made to the pictures for the proper method of striking. When practicing tanren uchi, modify your grip on the ken so that both hands are held close together. The bokken used for this practice is usually rounder and thicker in shape.





開祖 植芝盛平翁

The Founder, Professor Morihei Ueshiba.

「道というのは、丁度、体内に血が巡っているように、
神の太み心と全く一つになって離れず、太み心を実際
に行じてゆくことをいうのである。
神の太み心から少しでも離れたら、それは道にはなら
ない。

——開祖講話より——

*The way (道 -Do) is like the flow of blood inside the
body. As it is contained in the body, it is in unity with
the Divine Spirit (Love). Realization of the Divine Spirit
is accomplished through practice. If there is the smallest
separation from the Divine Spirit then the way is not
being followed.*

From a speech by
the Founder



稽古に際して

1.組太刀

組太刀は、開祖が古流の太刀を基に合気の原理を加え、残されたものである。組太刀には変化技があるが、開祖はご指導の折、一撃の変化、二撃の変化と称し説明しておられた。これ等の変化技は、剣は勿論のこと体術としても全く同様に応用できるものである。

従って組太刀は、剣・杖・体術の基本としての性格をもっているのである。

素振りが出来なければ組太刀に入ることは無理である。万一、組太刀あるいは合わせ法から稽古を始めた場合、体術に必要な腰の安定性が養われないので、第一巻の素振りを充分に行ってから組太刀を始めて下さい。

2.打ち太刀と受け太刀

組太刀は試合と異り、どちらが打ち太刀であっても良いと云うものではない。よく云われることであるが、「打ち太刀10年」を過ぎて初めて受け太刀が許されるものと心得るべきである。

Before Practice

Kumitachi

The kumitachi came originally from an old sword school. They were modified to include the concept of Aiki by the Founder, Professor Morihei Ueshiba, who left them as a legacy.

There are many possible variations of the kumitachi. The Founder, when he taught, called these first attack and second attack variations. These variations are naturally used with the ken but are soon adapted to taijutsu. Consequently, the kumitachi are considered to be the personality of ken, jo, and taijutsu basic techniques. If one does not have a good understanding of suburi, it will be useless to practice the kumitachi. If practice is done everyday on the kumitachi and partner practices, stability of the hips will not be attained, and an important point of practice will be missed. Therefore, begin each practice session with the suburi as shown in Volume I.

Uchitachi (Attacker) and Uketachi (Defender)

The kumitachi are not to be considered competition. They are practices, and the partners do not vie for an attacking or superior position. It was said that one should be uchitachi for 10 years before being allowed to become uketachi. It was felt that this was the proper way to learn.



I 太刀（剣）の部

Sword Techniques



1.組太刀

Kumitachi

First Kumitachi

No	Uketachi	Uchitachi
1	Stand in the posture of right hammi	Stand in the posture of right hammi.
2	Raise the ken above the head	Cut obliquely up, extend the ken point to uke's chest, step out with the left foot and bring up the right (From this posture, movement can be made in any direction)
3	Take one step back with the left foot and strike down.	
4		
5		Step forward with the left foot and strike
6	Defend by adopting the attitude of a tsuki.	
7	Defend by cutting down. Settle the hips and adopt the attitude of a tsuki. (hitoemi)	Strike again with renzoku uchikomi.
8		
9		



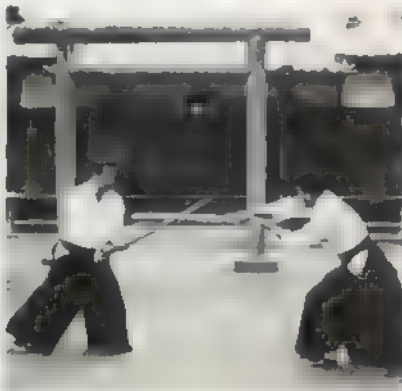
1	2	3	4	5	6



・の太刀

写真	受け太刀	打ち太刀
①	右半身の構え。	相半身の構え
②	誘いの気持ちで振りかぶる。	同時に下から斜目に切り上げる。剣先が胸元にとどくように剣を伸ばす
③ ④	一歩後退して打ちおろす。 (継足)	左足から出て右足を引きつけること 前後左右へ転化できる態勢
5		足元へ入る。左前方
⑥	即、突きの態勢で受ける	体を開いて打ち入れ
⑦ ⑧ ⑨	切りおろすように受けること 腰を充分に入れた突きの態勢である 車身	連続打ち入る







1	5	9	13
2	6	10	14
3	7	11	15
4	8	12	

二の太刀

Second Kumitachi

(Refer to page 28)

写真	受け太刀	打ち太刀
①	右半身。	相半身。
②	気を合わせつつ上段に移る。	同左
③ ④	体を右に移し受ける。	相手の足を狙い打つ。
⑤	相手の右小手を打つため剣を上げる。	上がる剣に合わせ相手の剣をはね上げるようにして左足から突
⑥	右足を引き一重身となり突きを受け流す。 剣先を相手の喉につける	
⑦	↓	右前方に体を通し突きをかわす
⑧		打ち込む。 (体が傾かないようにすること)
⑨	左足を引いて受ける。	
⑩	受けた剣で相手の剣をおさえる	
⑪		相手の剣に逆らわず下から剣をまわし左足から突
⑫	突きに対し、右足を引き突きを受け、	
⑬		右に体を通し突きをかわす。
⑭ ⑮	切りおろすように受ける。 (一重身)	打ち込み

Second Kumitachi *(See pages 26, 27)*

No.	Uketachi	Uchitachi
1	Stand in the posture of right hammi.	Stand in the posture of right hammi.
2	During the blending of ki, raise the ken overhead.	Same movement as Uketachi.
3	Defend by moving into hitoemi with the left foot.	Aim at the opponent's leg and strike down.
4		
5	Intending to cut the opponent's wrist, raise the ken.	Follow uke's ken briskly from below as it is raised and thrust with the left foot forward.
6	Step back with the right foot, adopt hitoemi, parry his thrust, and aim the ken point at his throat.	
7		Follow with a thrust stepping with the right foot.
8		Uchikomi. (Do not let the body cant at this time).
9	Defend by stepping back with the left foot	
10	Hold the opponent's ken down with your own.	
11		Do not resist uke's ken, pass your ken under, and thrust stepping forward with the left foot.
12	When the thrust comes, step back with the right foot and adopt an attitude of a tsuki	
13		Step off to the right, parry his thrust.
14	Defend as if cutting down with the ken. (In practice step back with the left foot Originally, a step forward was taken)	Finally, strike with a shomen uchi as shown
15		



合気道本部道場西尾昭二師範の演武

Aikido Headquarter's Dojo Instructor,
Shoji Nishio at a demonstration



三の太刀

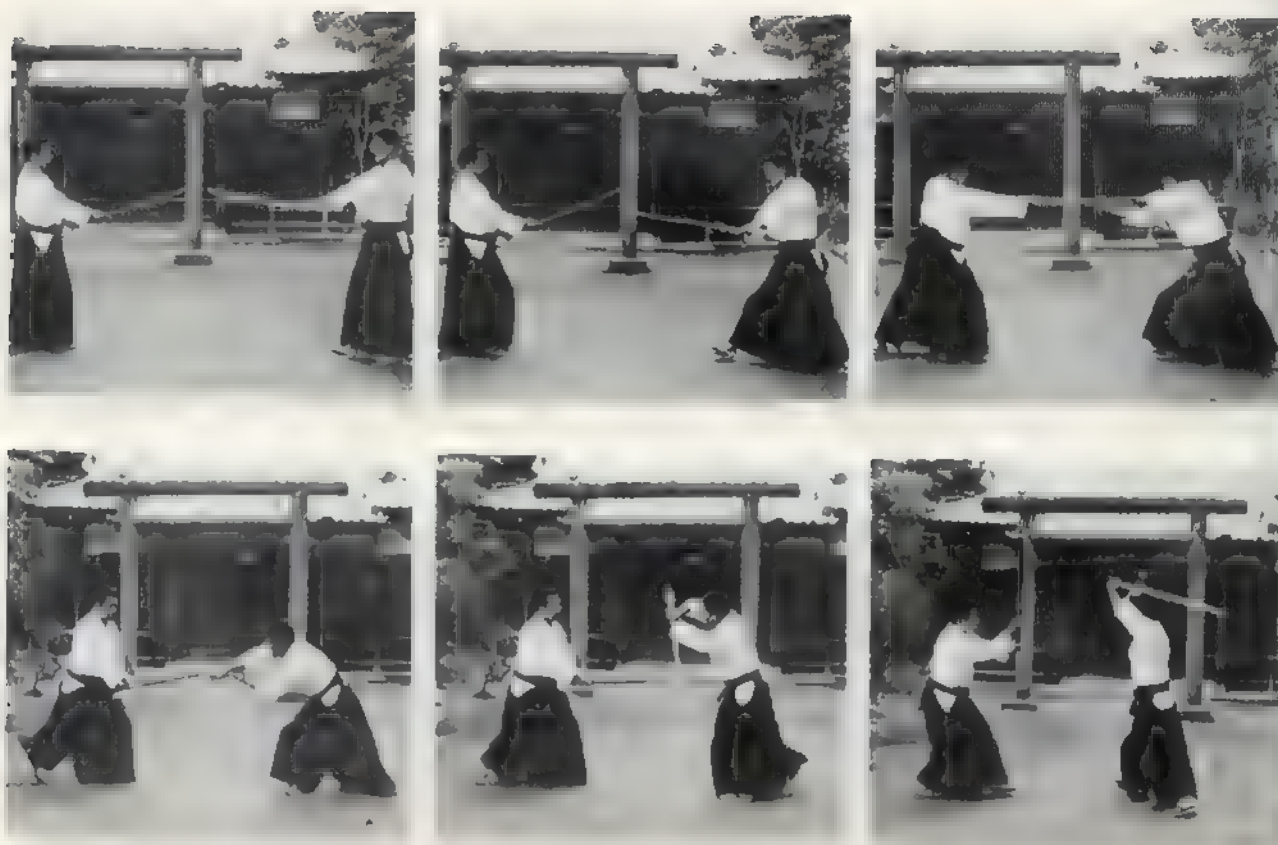
Third Kumitachi

写真	受け太刀	打ち太刀
①	右半身	相半身
②	相手の剣を軽くおさえる	相手のおさえを流す
③		
④		
⑤	右足を開いて受ける。	左足から左前方に体を移し打ち込む。
⑥	剣先を相手の中心につける	
⑦		右に体を移し突きをかかわす
⑧	重身となって受ける。	④～⑪は連続打ち込み。
⑨		
⑩		
⑪		



1	2	3	4	5	6
7	8	9	10	11	

No	Uketachi	Uchitachi
1	Stand in the posture of right hammi.	Stand in the posture of right hammi.
2	Hold down the opponent's ken lightly.	Flow with uke's movement.
3		
4		
5	Defend by stepping back with the right foot.	Step forward with the left foot to the left and respond with an uchi komi.
6	Point your ken at the opponent's center line.	
7		Step to the right and parry his thrust.
8	Defend in the position of hito e mi.	Pictures 4 ~ 11 show the renzoku uchi movement
9		
10		
11		



四の太刀

写真	受け太刀	打ち太刀
1	右前方に進み突き。 左足を移動し一重身。	突く
2	相手の剣をおさえる。	逆わずに流し剣を下から引く(突左半身)
3	左半身となり、突きを受ける	
4	左足を踏み込み、体を開き切りおろして受ける。 出、突き、能勢	突きをかき、打ち込み



1	2	3	4	5	6
7	8	9	10		

Fourth Kumitachi

No.	Uketachi	Uchitachi
2 3	Step forward on the right foot and tsuki. Move the left foot into the position of hito e mi.	Do a Thrust.
4 5	Hold your opponent's ken down.	
6 7	Stand in left hammi and defend with a tsuki.	Without resisting, flow with uke's movement, bring the ken around up from below and thrust. (left hammi)
8 9 10	Step back with the left foot, defend as if cutting down, and adopt the attitude of a tsuki.	Parry his thrust and do an uchikomi



五の太刀

Fifth Kumitachi
(Refer to page 36)

1	2	3	4	5	6
7	8	9	10	11	12
13	14				

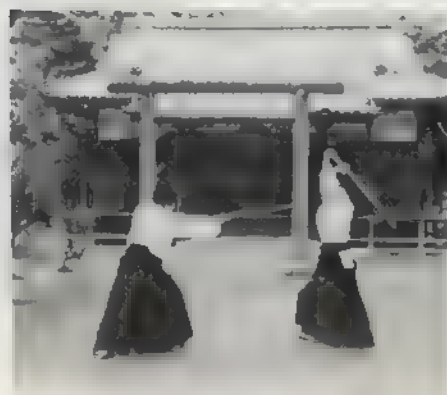


写真	受け太刀	打ち太刀
2 3 4	左足か、右足方に体を移し切りおろす	正面打ち
5 6		左半身になり受ける
7 8 9 10	左足を引いて受ける 十二のま、相手の腕を十二の押す十二の柄を 取りに寄る、行	打ち込み
11 12	体を移し、左半身となる	柄を握られ、流す、相手の背後に 回り足を打つ
13 14	左足を踏み受ける	打ち込み

Fifth Kumitachi. (*pages 34, 35*)

No.	Uketachi	Uchitachi
1	Right hammi.	Right hammi.
2	Step widely to the left with the left foot and strike down.	Shomen uchi komi.
3		
4		
5		Turn the body into left hammi and defend.
6		
7	Defend by stepping back with the left foot.	Uchi komi.
8		
9	As shown, raise the opponent's ken and move forward to grasp his ken.	
10		
11	Move into left hammi.	Do not grasp his ken but flow moving to the opponent's back and strike his leg.
12		
13	Defend by stepping back with the left foot.	Uchi komi.
14		







1	5	9	13
2	6	10	
3	7	11	
4	8	12	

気結びの太刀

Ki Musubi no Tachi

写真	受け太刀 Uketachi	打ち太刀 Uchitachi
② ③	気を合わせつつ大上段に移る。この時、息を深く吸い込む。	大上段に振りかぶる
④ ⑤	脇構えに移る。	脇構えに移る。
⑥ ⑦	右足から右前方に体を移動し打ち込む（下まで切り下ろす）。	正面打ち込み。
⑧ ⑨ ⑩	相手の振りかぶりに合わせて突く。 左流し打ち。そのまま剣先を相手につける。	正面打ち込み。
⑪ ⑫	下から相手の小手を制する。	打ち込みに移る
⑬	構えに戻る。	構えに戻る

2 3	Blending ki, raise the ken up over the head breathing in deeply.	Same movement as uke.
4 5	Lower the ken to your right side.	Same movement as uke.
6 7	Step forward with the right foot and strike with shomen uchi (Be sure to strike down fully)	Shomen uchi komi
8 9 10	Thrust as the opponent raises his ken. Make a flowing strike to the left. As shown, point the ken at your opponent for a thrust.	Shomen uchi komi.
11 12	From below, control your opponent's wrist.	In preparation for another strike, raise the ken up over the head.
13	Return to the initial stance.	Return to the initial stance.

2. 組太刀変化技

Kumitachi Variations

一の太刀

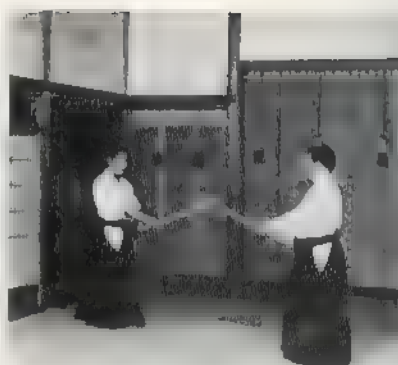
変化—(1)

First Kumitachi

Variation — (1)

以下、剣の理と体の理とを
比較して稽古する。

(体の理)

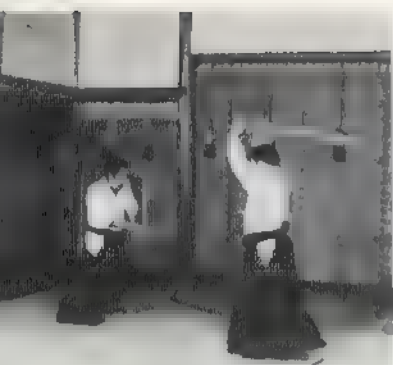


(Body movements)

(剣の理)	写真	受け太刀	打ち太刀
	①	一歩退り打ちおろす。	下から切り上げる
	② ③	Withdraw one step while striking.	Cut up across the abdomen.
	④ ⑤	小手を制する。 Control the opponent's wrist.	打ち込み Uchi ko mi.
(体の理)	⑦ ⑧ ⑨ ⑩ ⑪	相手の剣の柄を握りあたかも自分の剣の如く振りかぶり打ちおろす Grasp your opponent's ken. Raise your hand as if lifting your own ken and strike down.	

(Sword techniques)

1	
2	
3	
4	5



2



3



4



5



6



7



⑧



⑨



⑩

Compare with the sword techniques and the body movements during practice.



①



②



③

の太刀

変化一(2) (剣の理)

写 真	受け太刀	打ち太刀
1 2 3 4	一歩退って正面打ち。	下から切り上げる
5 6	右足を引き、体を開いて受ける。	打ち込む
7 8	右足から前に進み、相手の小手を制する。	打ち込みに移る



④



⑤



⑥



7

First Kumitachi

Variation — (2) (Ken Method)

No	Uketachi	Uchitachi
1	Withdraw one foot and strike.	Cut up from below.
2		
3		
4		
5	Step back with the right foot, defend.	Uchikomi.
6		
7	Advance the right foot forward and control your opponent's wrist.	Prepare to strike with another uchi komi.
8		



8



の太刀

変化(2) (体の理)

写真	受け太刀
① ⑦	相手に合わせて手を振り上げ振り下ろし柄を握る
⑧	ひじを制して振りかぶる
9 ⑩ ⑪	投げた後も相手に剣をつける

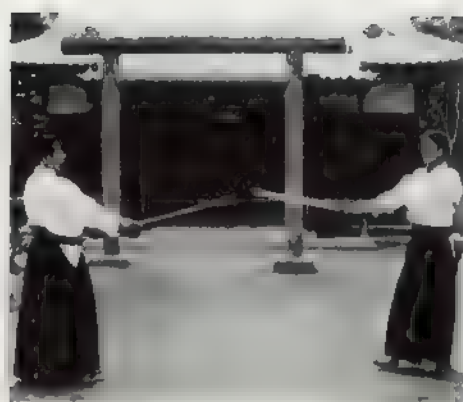


1	2	3	4	5	6
7	8	9	10	11	

First Kumitachi

Variation — (2) (Body Method)

No.	Uketachi
6	Raise your hand when the opponent raises his ken. Grasp his ken when he strikes down
7	
8	Control his elbow, and raise your hand.
9	After throwing the opponent point his own ken at him.
10	
11	



二の太刀

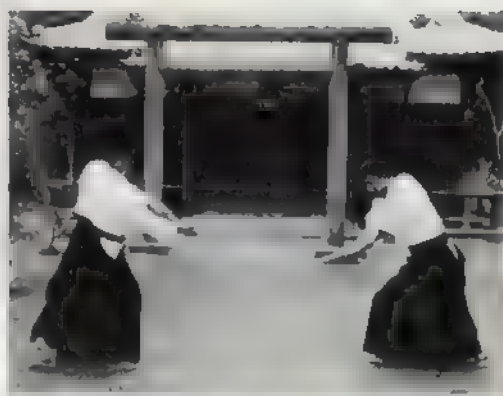
変化—(1) (剣の理)

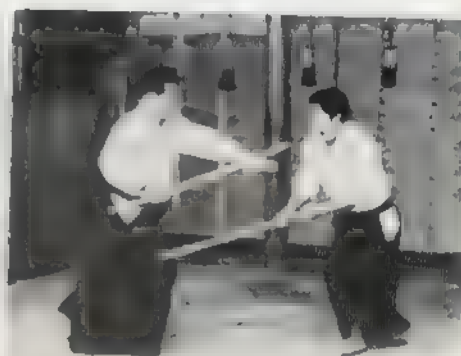
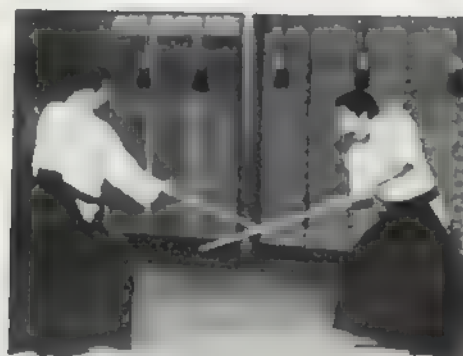
写真	受け太刀	打ち太刀
①	構え	構え
②	上段に移る。	上段に移る
③	下段受け (一重身)	相手の足を打つ。
④	左足から左前方に体を移し相手の ⑤ 小手を制する。	下から突き上げる

Second Kunitachi

Variation — (1) (Ken Method)

No.	Uketachi	Uchitachi
1	Kamae.	Kamae.
2	Raise the ken up over the head	Raise the ken up over the head.
3	Block the strike (hito e mi)	Strike at uke's foot.
4 5	Take a large step forward with the left foot. Control your opponent's wrist.	Thrust at uke's chest.





写 真	受け太刀	打ち太刀
①	突きを流して側面に体を移す。	下から突く
⑤	剣先を相手の喉元につける。	
⑥	相手の右手の甲に左の掌を合わせ小指からしっかり、握り左足を引いて体で返す	
⑦		
⑧		
⑨		

No.	Uketschi	Uchitachi
4	Flow with the opponent's thrust and turn to his side. Point your ken at his throat.	Thrust from below.
5		
6	Grasp the back of the opponent's right hand with your left. Close the grip from the little finger. Step back with the left foot and turn the body.	
7		
8		
9		

二の太刀

変化—(1) (体の理)

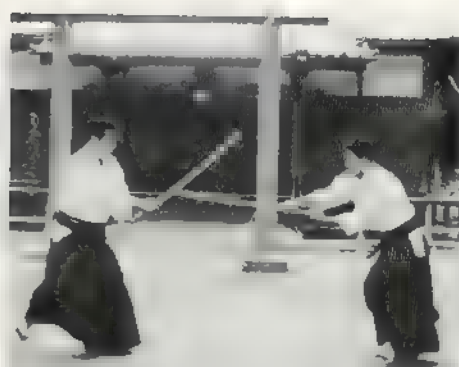
Second Kunitachi

Variation — (1) (Body Method)





1



5



2



6



3



7



4



8



二の太刀

変 化一(2) (剣の理)

剣を持った場合、相手の背後まで充分に入り込む稽古をすること

Second Kunitachi

Variation -- (2) (Ken Method)

This practice is for entering deep to the opponent's rear, when holding a ken.



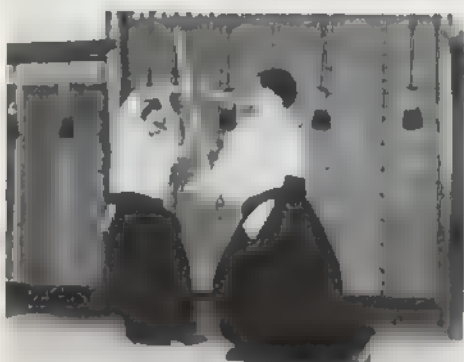
1



2



3



4



5



6



7



8



9)

二の太刀

変化—(2) (体の理)

Second Kunitachi

Variation — (2) (Body Method)

腰投げ (口伝)

- (1) 相手の体と自分の体とが十字に切ること
- (2) 自分の手を真っ直ぐに伸ばす (柱の頂上方向)、その分だけ腰を落すこと。
- (3) のばした手を見上げること

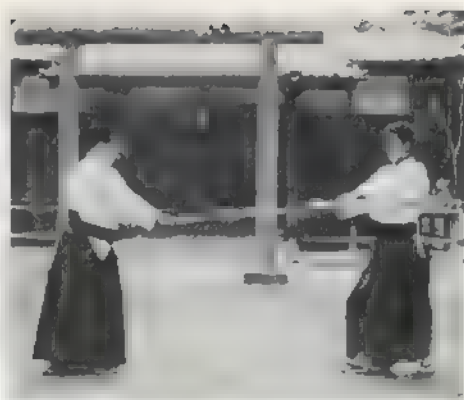
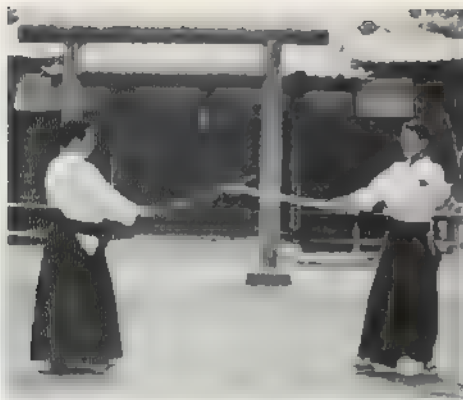
Koshi Nage (Oral Instruction)

- (1) Your body and the opponent's form a cross.
- (2) Fully extend your hand toward the top of the wall and lower your hips
- (3) Look up along your extended hand. (This fits the back of your hip to your opponent's abdomen and he will ride over your hips.)



養神館道場 館長 塩田剛 先斗

Sensei Gozo Shiota, Head of the Yoshinkan Dojo



三の太刀

変化—(1) (剣の理)

写真	受け太刀
	左手で剣を握り、正面に受ける

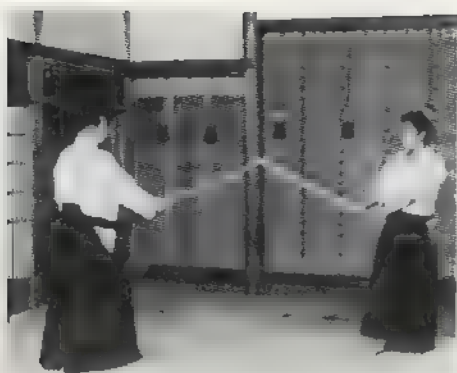


Third Kumitachi

Variation — 1 (Ken Method)


No.	Uketachi
4	Hold the ken down with the left hand. Stand in hito e mi.
5	
6	

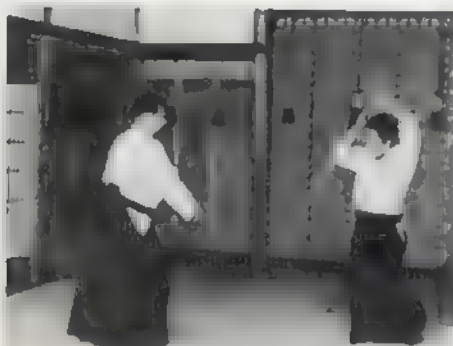
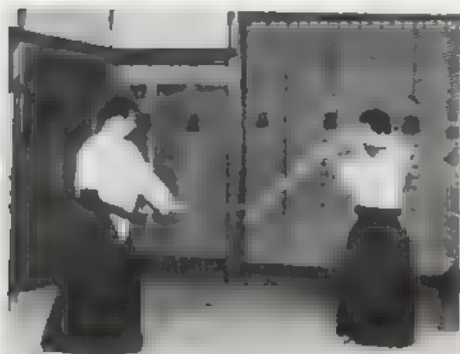


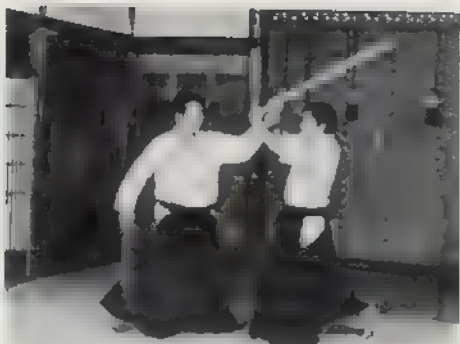


三の太刀

変化(1) (体の理)

写真	受け太刀
	左足で相手の右足を踏みつつくずす

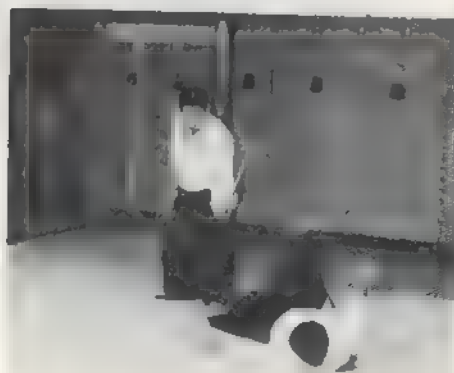
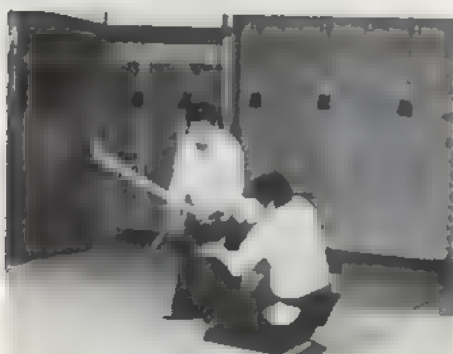




Third Kumitachi

Variation – 1 (Body Method)

No.	Uketachi
7	Step on your opponent's right foot with your left and upset his balance
8	





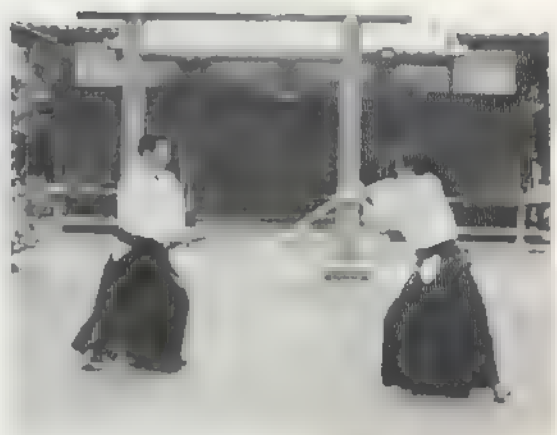
1



2



3



4

三の太刀

変化-(2) (剣の理)

この技は変化-(1)と同じ要領である

Third Kunitachi

Variation - 2 (Ken Method)

This has the same meaning as variation - 1.



3



4



7



6



5



三の太刀

変 化—(2) (体の理)

の太刀変化—(2) (体の理) 参照



Third Kumitachi

Variation – 2 (Body Method)

Refer to the Second Kumitachi Variation – 2 (Body Method)

四の太刀

変化—(1) (剣の理)

組太刀（四の太刀）とこの太刀変化（1）（体の理）と次の写真を見比べて、あなたも技を造ってください

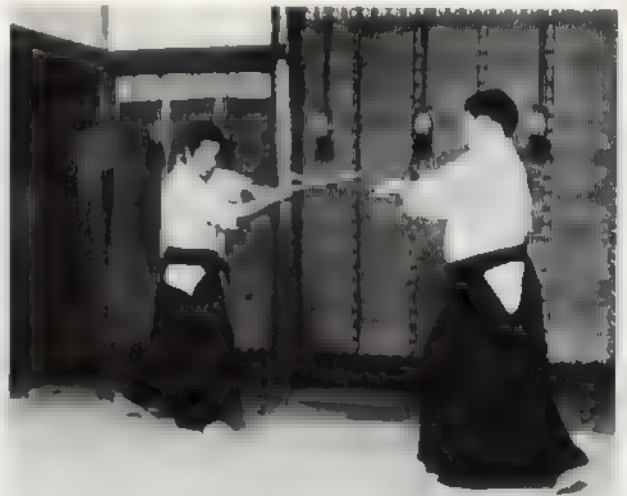
四の太刀

変化—(1) (体の理)

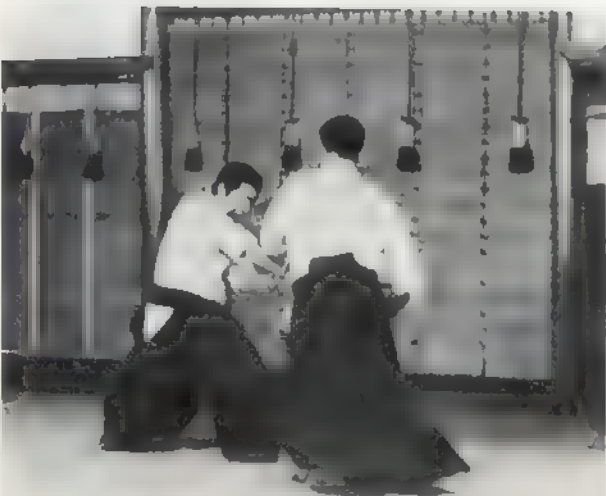
写真	受け太刀
⑤⑥ ⑦⑧	体を開きつつ相手のひじを制する



1



2



3



4

Fourth Kunitachi

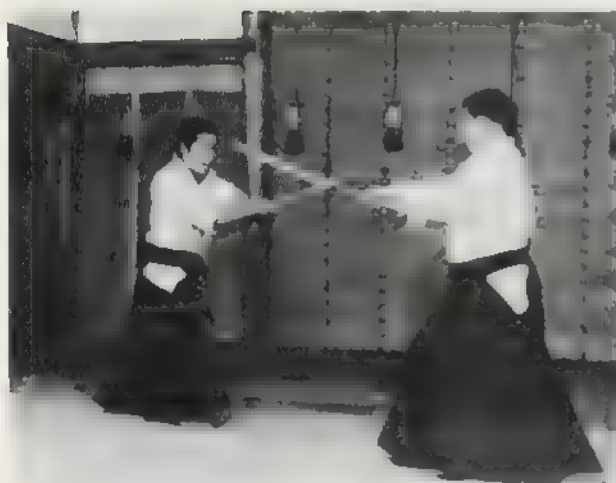
Variation - 1 (Ken Method)

Compare the pictures of the Fourth Kunitachi, the Second Kunitachi Variation - 1 (Body Method), and see the picture below. Try and develop new techniques.

Fourth Kunitachi

Variation - 1 (Body Method)

No.	Uketachi
5~8	While making a wide turn, control the opponent's elbow



5



6



7



8





四の太刀

変化(2) (剣の理)

写真	受け太刀
6)	相手の左ひじを制して腰を充分に入れる
7	
8	



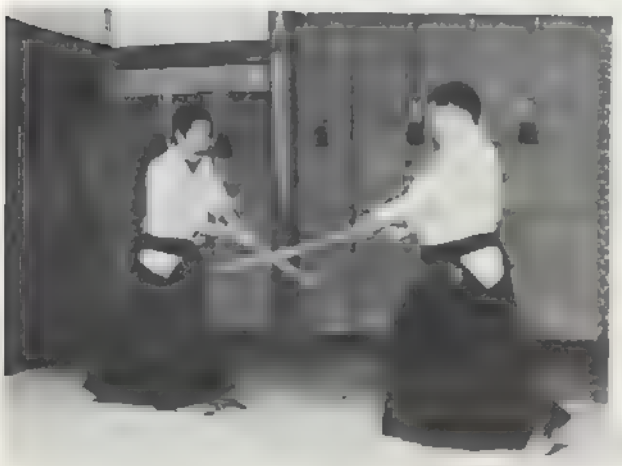
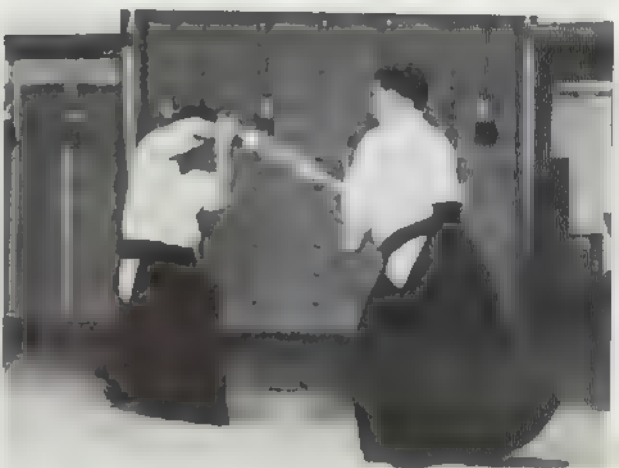
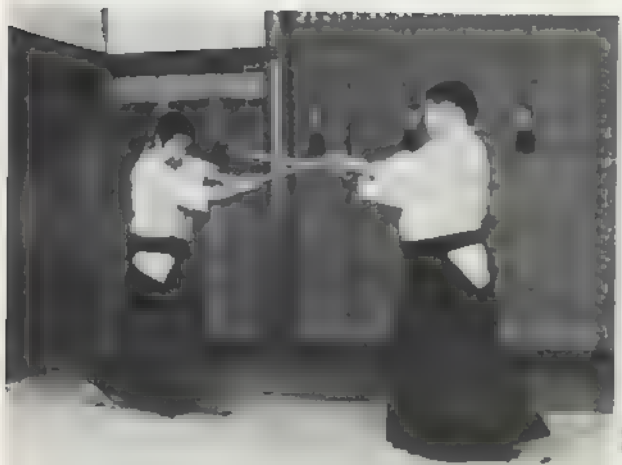
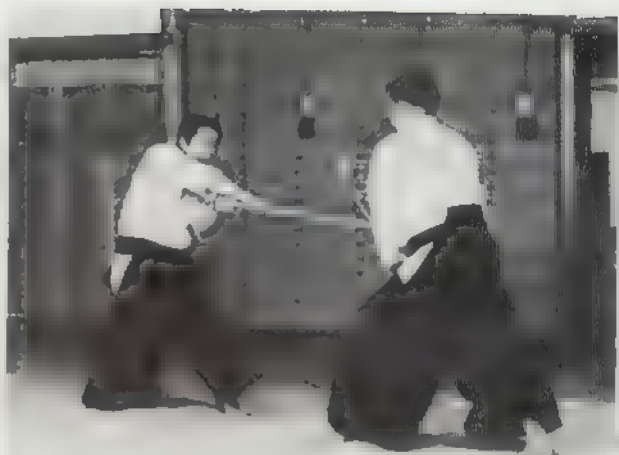
Fourth Kumitachi Variation – 2 (Ken Method)

No.	Uketachi
6	Control the left elbow of your opponent and settle the hips.
7	
8	

1	4	7
2	5	8
3	6	

四の太刀 変化-(2) (体の理)

う太刀 変化-(2) (体の理) 参照



Fourth Kumitachi Variation — 2 (Body Method)

Refer to the First Kumitachi Variation — 2 (Body Method).



五の太刀 変化—(1) (剣の理)

写 真	受け太刀	打ち太刀	
⑨	相手の柄をとるため進み寄る。	柄を握れないよ、いふ身とな、背後に回りこむ	
10	相手の進み寄る力を流し、柄を抜き、その刺で全身を認す。		
11			
12			



1



2



3



4



5



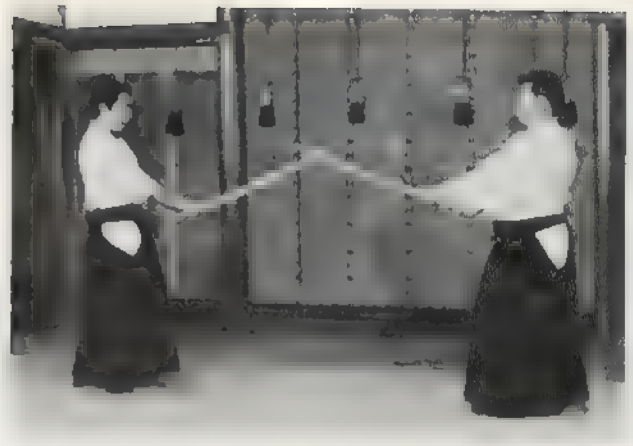
6

Fifth Kumitachi Variation – 1 (Ken Method)


No.	Uketachi	Uchitachi
9	Move toward your opponent to take his ken.	Move to left hammi to avoid the ken from being taken and turn toward uke's back.
10	Flow with the opponent's extended power, cut up across the abdomen and finish as shown to protect your entire body.	
11		
12		



1	2	6
	3	7
	4	8
	5	9



五の太刀 変化—(1) (体の理)

写真	受け太刀
	相手の胸を抜くような気持ちで体が入る。

Fifth Kumitachi

Variation — 1 (Body Method)

No.	Uketachi
5	Have the feeling of passing through the opponent's abdomen as you enter with your body.
6	
7	
8	
9	







五の太刀

変化(2) (剣の理)

写真	受け太刀	打ち太刀
10	寄	回りこんで足を打つ
11	み	
12	を	
13	を	



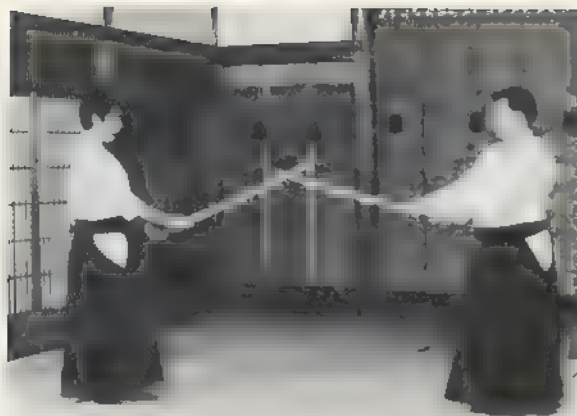
Fifth Kunitachi

Variation - 2 (Ken Method)

No.	Uketachi	Uchitachi
10	Flow with the opponent's approaching power. As shown Control his elbow.	Strike at uke's leg while turning.
11		
12		
13		



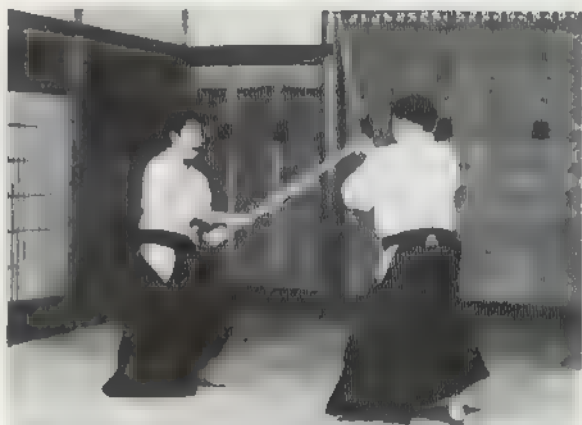
1	5	9	13
2	6	10	
3	7	11	
4	8	12	



五の太刀

変化—(2) (体の理)

写真	受け太刀
⑧	振りかぶりに合わせて左手で相手の柄を
⑨	握る
10	振りおろす時、相手の方に寄り腰を入れ
11	れる
12	



1	2	6	10
	3	7	11
	4	8	12
	5	9	13

Fifthe Kumitachi

Variation 2 (Body Method)

No.	Uketachi
9	As the opponant raises his ken, blend with the movement and grasp the hilt with your left hand.
10	
11	When his strike begins down, turn and enter in with the hips.
12	







合気道開祖 植芝盛平翁

The Founder, Professor Morihei Ueshiba.

3. 太刀取り

Tachidori





1



2



3



4

太刀取り一(1) 右半身から太刀取り

写真	受け
1	右半身の構え
2 3	右足から相手の右側面に入り込む
4 5 6	右手で柄をしっかりと握り、左足を相手の後方へ進め腰を密着させる
7 8	腰をひねって投げる 太刀を奪、剣先を相手に向ける



3



1



7



8

Tachidori — No. 1 Tachidori from right hammi.

No.	Uke
1	Stand in right hammi.
2	Step forward with her right foot and enter to the opponent's right side.
3	
4	Grasp the hilt of his ken with your right hand. Place your right foot behind the opponent and place your hip next to his body.
5	
6	
7	Rotate your hips and throw him. Point his ken at him.





太刀取り (2) 小手返し

写真	受け
①	左半身の構え。
② ③	左足を進め、振りかぶり打ちおろしに合わせる
④ ⑤	相手の右手を左手で上から握る。
⑥ ⑦ ⑧	右手を相手の右手の甲に重ね、腰をひねり、右足を相手の前方に進め、左足で体を開いて投げる。
⑨ ⑩ ⑪	左半身となって相手の剣で相手を制する

Tachidori — No. 2 Kote Gaeshi

No.	Uke
1	Stand in right hammi.
2 3	As the opponent raises his ken and strikes slide the left foot in and blend with his movement.
4 5	Grasp his right hand from above with your left.
6 7 8	Place your right hand over his right hand. Turn your hips and step back with the left foot, moving the body, and throw.
9 10 11	Move to left hammi and restrain the opponent with his own ken.



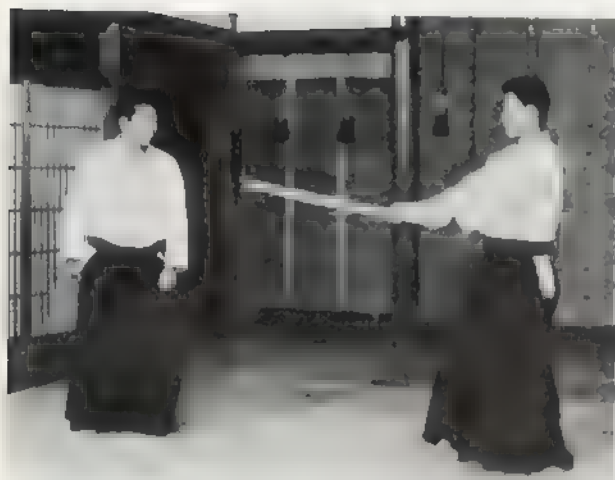
太刀取りの時の小手返しは小指を太刀に掛けておいた方がよい。

When doing Tachidori Kote Gaeshi, your little finger should touch the hilt of the opponent's ken.

太刀取り—(3)

この技は「入身投げ」と云われているものである

写真	受 け
①	振りかぶりに合せて左足から入身（右手に注意）
②	左手を相手の首（えり）にかけ引きつけよう
③	
④	腰をひねり相手をくずし、右足を相手の後方に進めて投げる。この時刻を奪う
⑤	
⑥	
⑦	
⑧	



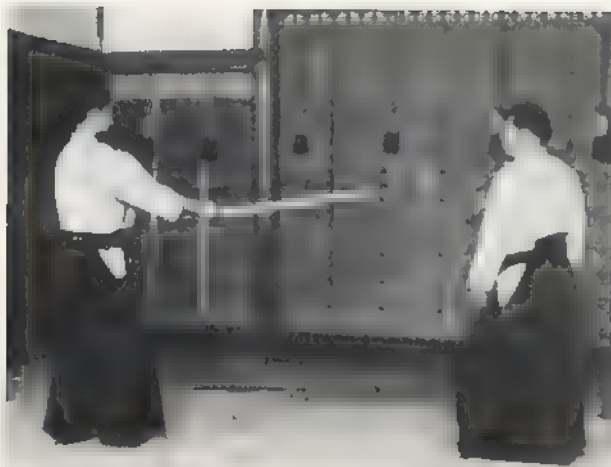
Tachidori – No. 3

This technique is called “Irimi Nage.”

No.	Uke
2	Blend with the opponent's movement as he raises his ken and enter with the left foot (Note the right hand) Grasp his collar with your left hand.
3	
4	
5	Rotate your hips to destroy his balance and step to his rear with your right foot. Throw him with the same movement as raising the ken using your breath power. At this time take his ken and control him.
6	
7	
8	

1	2	3	4
5	6	7	8

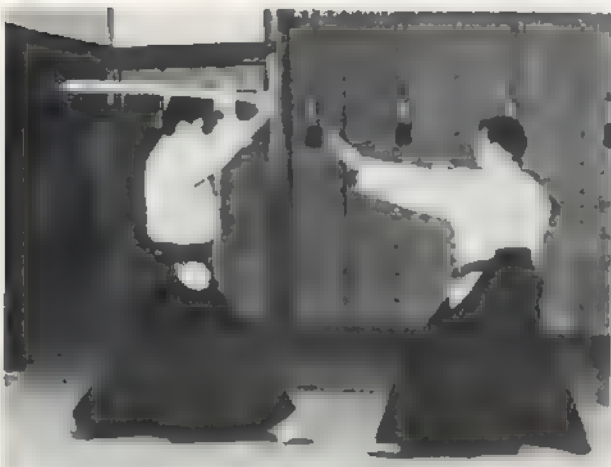




1



2



3



4

太刀取り—(4)

写真	受	け
④		
⑤	体の変向を充分に行いつつ、両手で相手 小丁を以てハカリアフ	
6		
7		
8		

Tachidori – No. 4

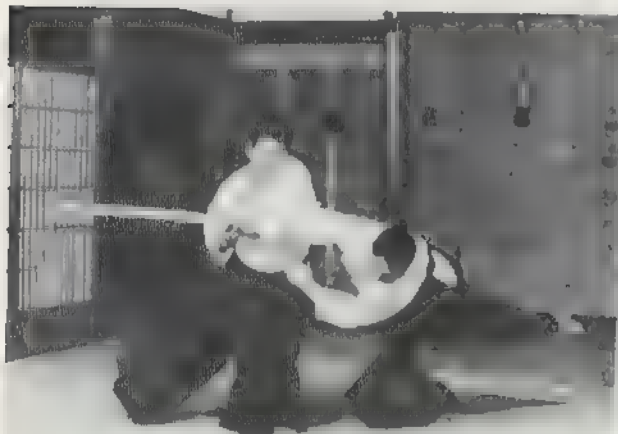
No.	Uke
4	During your body turn, grasp the opponent's wrist with both your hands and turn it outward. Restrained his elbow
5	
6	
7	
8	



5



6



8



1



2

太刀取り 5)

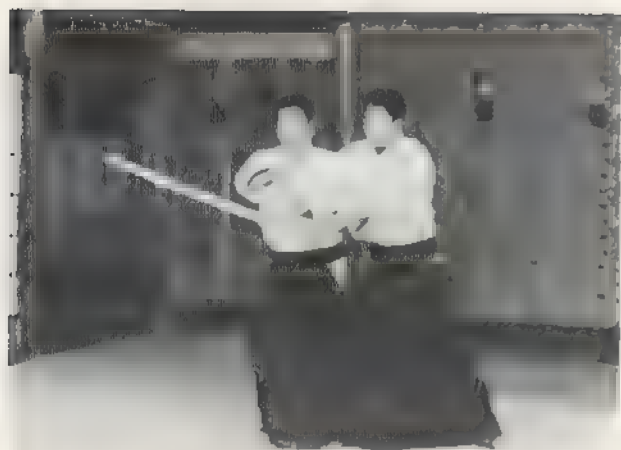
写真	受	け
1	右手で上から柄を握り、手で相手のひしを制し、腰を入れて投げる	



(4)

Tachidori — No. 5

No.	Uke
3	Grasp the hilt of the opponent's ken with your right hand. Place your left arm under his elbows, enter with the hips and throw him
4	
5	
6	



5



6



(6)



7



8

太刀取り—(6)

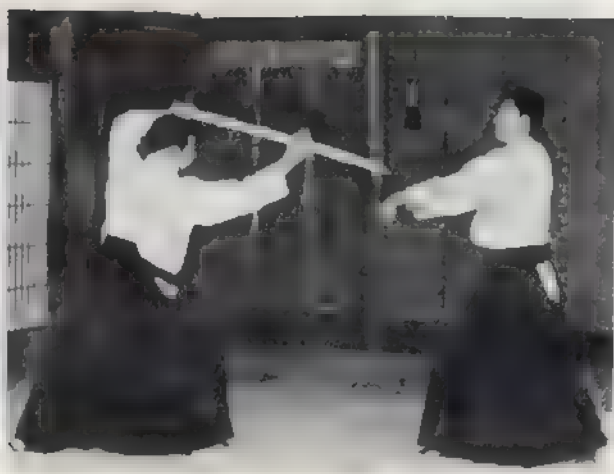
写真	受	け
②	別名「真剣白刃取り」	
③	相手の右手を中心にして太刀を取ること	
④	が大切である	
⑤		



Tachidori No. 6

No.	Uke
2	This technique is called "Shinken Shiraha Dori". It is very important to raise the ken along the opponent's center when taking it from him.
3	
4	
5	

1	2	3	4
5	6	7	8



太刀取り (7)

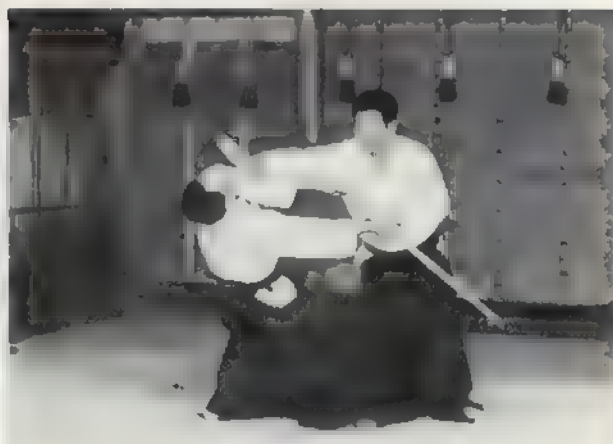


写真	受	け
①	左手で相手の柄を握り、右足で相手の右	
⑤	足を踏みアゴに手をかけて投げ、太刀を	
⑥	奪う	



Tachidori No. 7

No.	Uke
4	
5	Grasp the hilt of the opponent's ken with your left hand. Step on his right foot with your right foot, extend your hand to his chin and fell him while taking his ken.
6	
7	





1



2



(5)



(6)

太刀取り—(8)

受け— 右手で相手の左手ひじを制し、振り
かぶり・打ちおろす呼吸力にて投げ
る



3



4



7



8

Tachidori No. 8

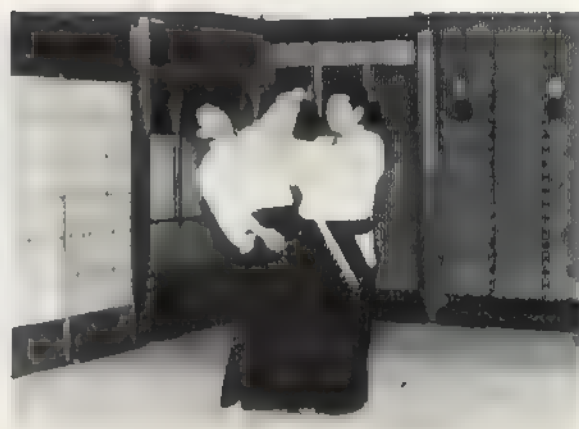
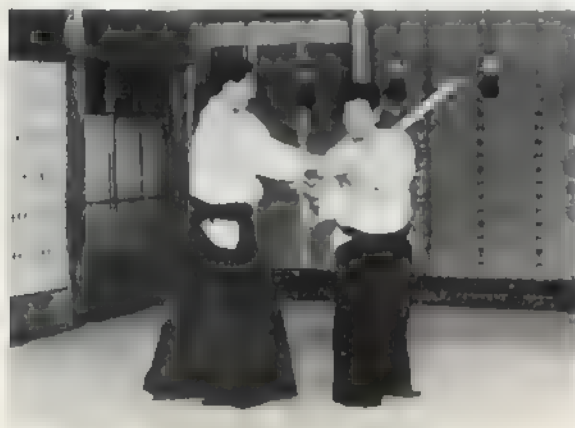
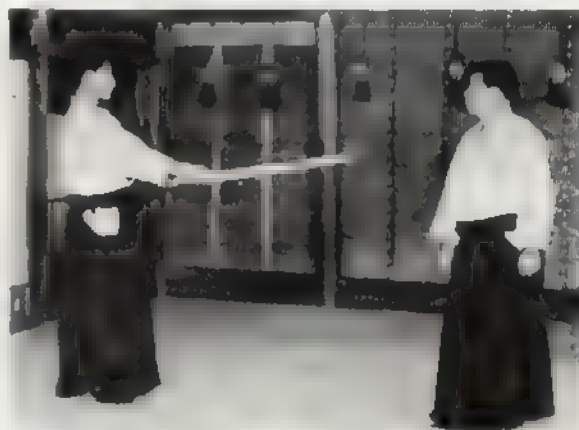
Uke -- Place your right arm under the opponent's left elbow. Raise your hand as if lifting a ken and throw him as if striking.

太刀取り一(9)

写真	受	け
②		
③	相手ノ手をハキ、持リノ手ノ柄を握る	
④		
⑤	右足を進め、相手がひじを下げれないよ	
⑥	うに相並ぶ	
⑦		
⑧	腰をツメ、「相手ノハキ」方へツキ	
⑨	ける	
⑩	左手で太刀を奪い、右手で切る	

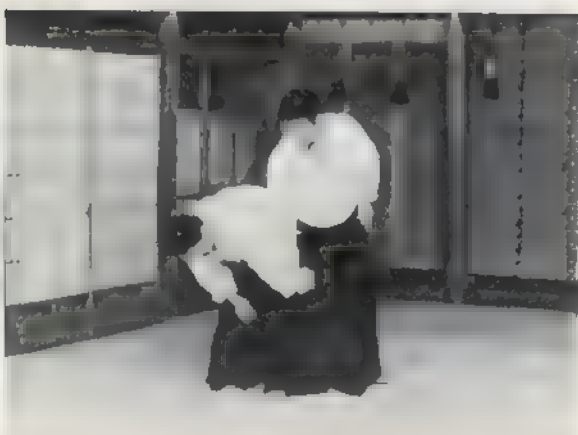
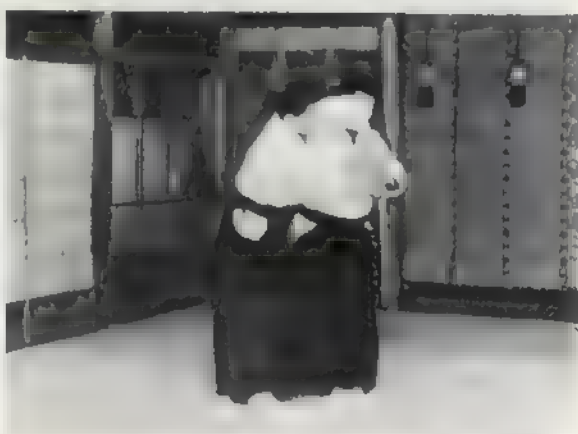
この技は「第一教」の応用取りである

「第一教」から「第五教」の技は、次の「第三巻」にて説明いたします。



Tachidori No. 9
(Refer to page 96)

	1	2	3
4	5	6	7
8	9	10	11



Tachidori No. 9
(See pages 94, 95)

No.	Uke
2	Hold the opponent's left hand from below. With your left hand grasp his ken hilt.
3	
4	
5	Withdraw your right foot. Do not let his elbows drop. Place yourself alongside the opponent.
6	
7	
8	Turn the hips and extend your hands up from the opponent's side toward his face
9	
10	Take his ken with your left hand and restrain him with your right.
11	

This technique is called "San-kyō."

The explanations of Ikkyō through Gokyō techniques will be covered in Volume III

太刀取り—(10)

この技は「第四教」の応用取である

Techidori No. 10

This technique is called Yon-kyō.

1	5
2	6
3	7
4	8

「第三教」の応用取りは、相手の手首の甲側をせめる。

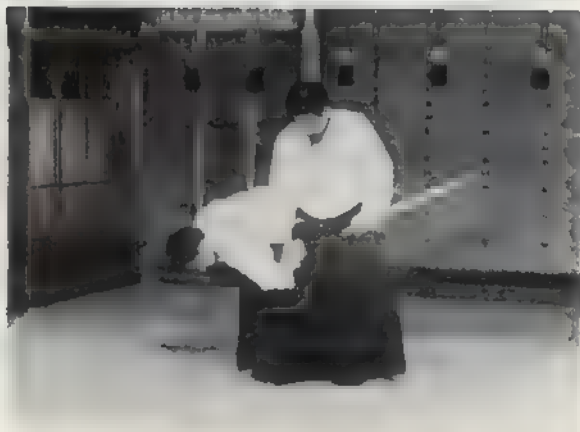
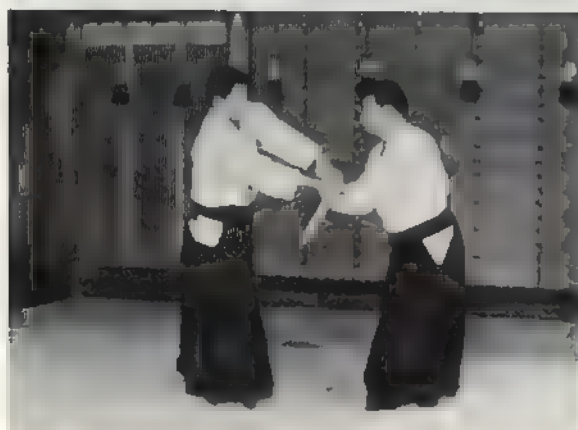
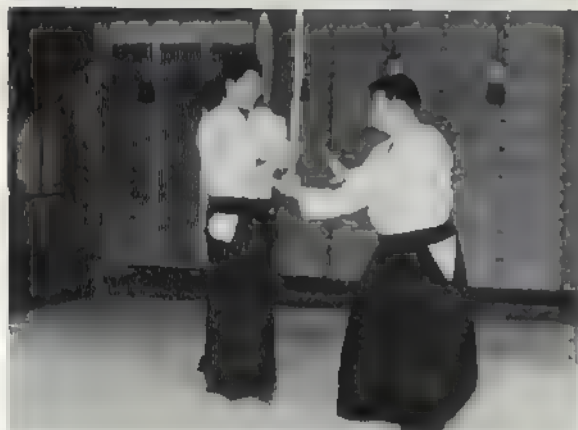
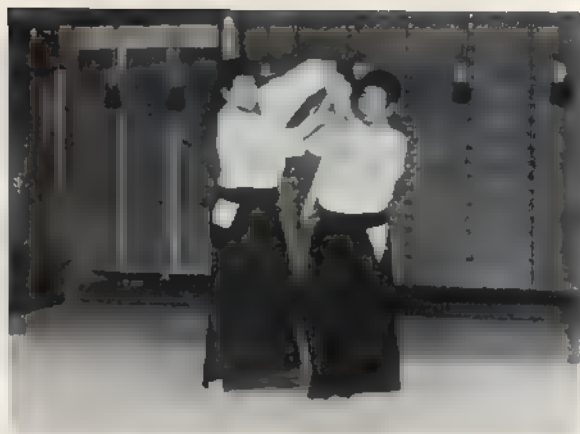
In applied techniques of San-kyō, the opponent's wrist is held from the back of his hand.

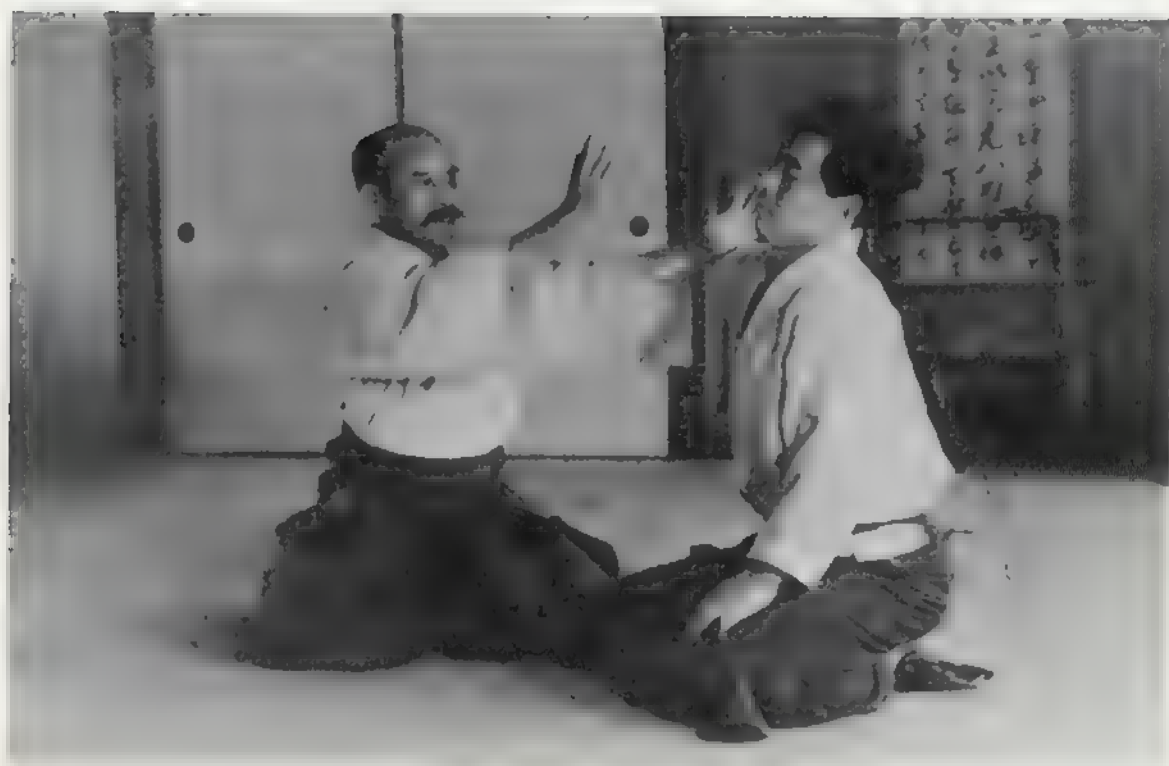


「第四教」の応用取りは、相手の手首の掌側をせめる

In applied techniques of Yon-kyō, the opponent's wrist is held from the front of his hand.







開祖 植芝盛平翁

The Founder, Professor Morihei Ueshiba

II 杖の部

Jō Techniques

組 杖

ここに掲載した組杖は、合気の理合に基いた稽古方法の一例である。読者諸氏も合気の理合に基き種々の組杖を創り、修練せられることをお薦め致します。

Kumijō

The kumijō presented here are the basic techniques making up the Aiki Raii. Those who read this book and practice the basic patterns are encouraged to discover and develop new ones.



1. 組杖

First Kumijō

No.	Uke	Uchi
1	Stand with the jō in front of the left foot.	Prepare to thrust.
2	With the left foot, take a large step to the left front and thrust. (Kaeshi tsuki)	Thrust straight forward.
3		
4		
5		Withdraw the jō when Uke thrusts and hold his jō down.
6	Jodan gaeshi.	Thrust straight once again. (Choku tsuki).
7		
8	More to right hanmi and strike the opponent's head.	
9		



1	2	3	4
5	6	7	8
			9



組 杖 (1)

写真	受	け	打	ち
1	左足の前に杖を立て構え		突きを構へ	
2 3	左足から左前方に体を開き内へ突き		真・直・突	
4			相手の突きを	
⑤			きつておさめる	
⑥ 7	上段返し。		しごいた杖で真突き	
⑧ 9	右半身となって打ち込む。			

組 杖—(2)

Second Kumijō
(Refer to page 104)



写真	受	け	打	ち
1	左足前に杖を立て構え。		突きの構え	
2	1. 足から1. 力り、進んで軽		直突き	
3	す			
4	相手ノ首を突く			
5			1段打ち	
6	右に体を移し下段受け、そのまま打			
7	ち込む		1段打ち込み	
8				
9				

1			
2	3	4	5
6	7	8	9



Second Kumijō (See pages 102, 103) (See pages 102, 103)

No.	Uke	Uchi
1	Stand with the jō in front of the left foot.	Prepare to thrust.
2 3	With the left foot, step forward to the left, and, flowing with the thrust, defend.	Thrust straight forward.
4 5	Thrust of the opponent's face.	Jodan gaeshi
6 7 8 9	Move your body to the right and block his low strike. As shown, strike at the opponent's head.	Strike low to the leg.

組 杖—(3)

写真	受	け	打	ち
1	構え		構え	
(2) (3) (4)	左に移動し下段受け。 相手の持ち方に注意		相手の左足を突く	
(5) (6)	左手を中心にして半回転させ叩き落とす		しごいて脇腹を突く	
(7) (8)	脇腹を突く			



Third Kumijō (Refer to page 106)

		1	2
		3	4
5	6	7	8



Third Kumijō (See pages 104, 105)

No.	Uke	Uchi
1	Stand with the jō in front of the left foot.	Prepare to thrust.
2	Move to the left and parry his thrust.	Thrust at uke's right leg.
3	(Pay attention to how the right hand holds the jō.)	
4		
5	Hold the jō in the middle with the left hand, give it a half turn and strike down.	Withdraw the jō and thrust again at uke's side.
6		
7	Thrust at the opponent's side.	
8		



組 杖-(4)

(写真は次頁)

写真	受	け	打	ち
①	構え		構え	
②	右足を開いて突きを流す。		直突き	
③				
④				
⑤	片手遠間打ち		大きく後退し、全体をかばう。	
⑥	(杖を首につけ、反動を利用して打ち込			
⑦	む)			
⑧				
⑨				
⑩	右足を左前方に進め左足を引きつけ相手の水月を突く。		脇を突く。	
⑪				
⑫				

Fourth Kumijō (See pages 108, 109)

No.	Uke	Uchi
1	Stand with the jō in front of the left foot.	Prepare to thrust.
2	Step around to the rear with the right foot out of the line of attack.	Choku tsuki
3		
4		
5	Katate toma uchi. (Put the jō behind the neck, take one step forward. During the step, strike at the opponent.)	Take a large step to the rear and cover the entire body.
6		
7		
8		
9		
10	Step forward with the right foot and thrust at the pit of the opponent's stomach.	Thrust at uke's side.
11		
12		

組 杖—(4)

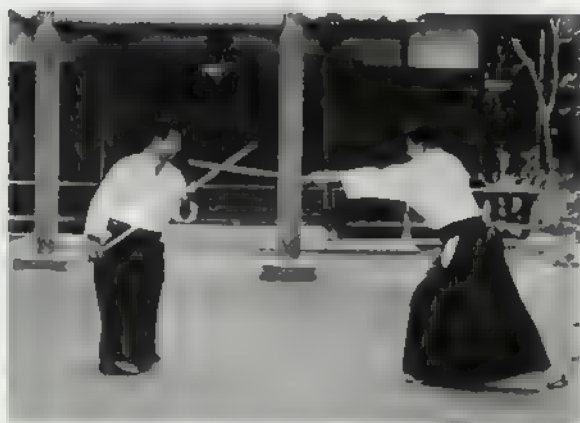
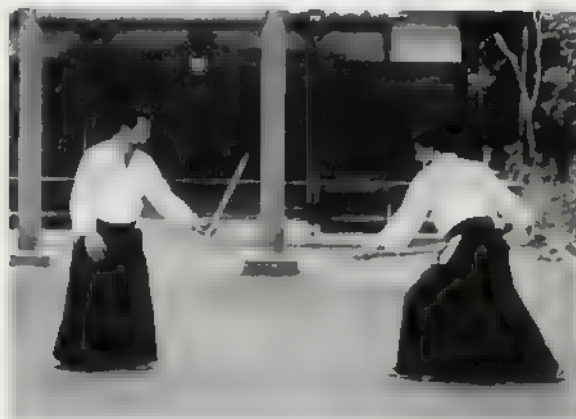
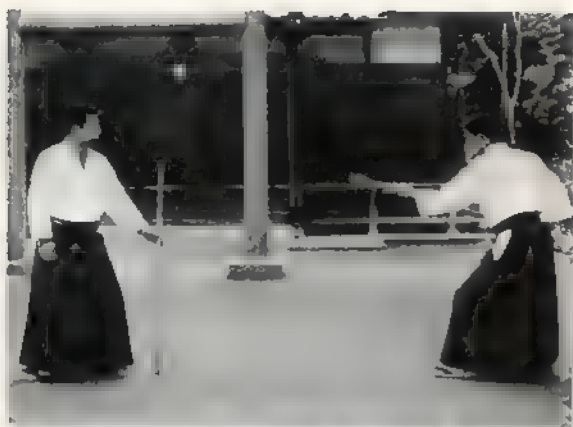
(前頁参照)

Fourth Kumijo
(Refer to page 107)



1	2	3	4
5	6	7	8
8	10	11	12





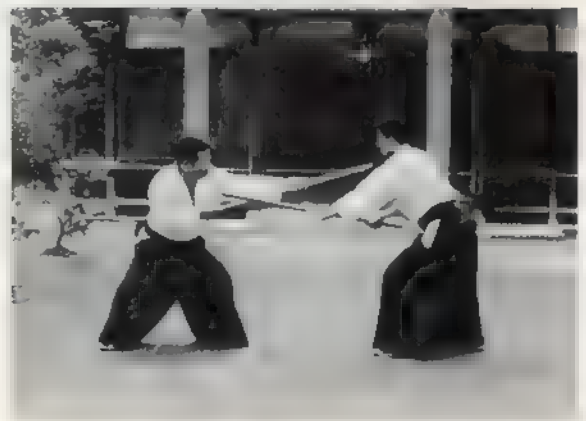
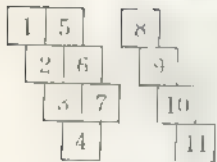


組 杖 (5)

説明は次頁



Fifth Kumijō (Refer to page 112)



組 杖 -(5)

(写真は前頁)

写真	受	け	打	ち
①	構え		構え	
②	体を開いて流す		直突き	
③				
④	突き		右後方に移動し、かわす	
⑤				
⑥	左足を引き体をしずめ横面をかばう。		片手下段返し	
⑦				
⑧	一重身になって受けつつ突く。		左足から打ち込む。	
⑨				
⑩				
⑪				

Fifth Kumijō (See pages 110, 111)

No.	Uke	Uchi
1	Stand with the jō in front of the left foot.	Prepare to thrust.
2	Move your body out of the line of attack, flowing with the thrust.	Choku tsuki
3		
4	Thrust	Dodge uke's thrust by stepping to the right rear.
5		
6	Step back with the left foot. Drop to your left knee and protect the left side of your face.	Katate gedan gaeshi.
7		
8		
9	During your defense adopt the hito e mi stance and thrust	Step forward with the left foot and strike
10		
11		



開祖 植芝盛平翁

The Founder, Professor Morihei Ueshiba

組 杖 16

組杖 16は、空ける時に、突かす体術的に相手を制する技である

(116頁参照)

	1	2	3
4	5	6	7
8	9	10	11



Sixth Kumijō (Refer to page 116)

The Sixth Kumijō is for controlling the attacker through taijutsu style movements. During the defense, one does not thrust even though it is possible to do so.



組 杖—(6) (前頁写真)

写真	受 け	打 ち
①	構え	構え
② ③	左に移動し流す。	突き
④	軽くおさえる。	上段返し
⑤ ⑥	左足を前に進め相手のひじを制する。	打ち込み
⑦ ⑧	右半身に体を開き、相手の両手の間に杖を通す。	
⑨ ⑩ ⑪	振りかぶりに体を合わせひねり、両手を制して相手を投げる。	

Sixth Kumijō (See pages 114, 115)

No.	Uke	Uchi
1	Stand with the jō in front of the left foot.	Prepare to thrust.
2 3	Step to the left, move out of the line of attack flowing with the opponent's thrust.	Thrust
4	Move lightly to hold his jō down.	Jodan gaeshi
5 6	Step forward with the left foot and raise the jō to control the opponent's elbow.	Strike down.
7 8	Move around widely to right hanmi and pass your jō between the opponent's arms.	
9 10 11	As he raises his jō to strike, move in with his motion, turn and throw him by control over both of his arms.	

組 杖一(7) (次頁参照)

写真	受 け	打 ち
①	構え	構え
② ③ ④	左足を引きかわす。右手は左手の下で杖を握る。	下段打ち込み
⑤ ⑥	右足を右前方に移動し受け流す。	突き
⑦ ⑧ ⑨	左足を進め両手を制し相手を投げる。	左足が出て打ち込み。

Seventh Kumijō (See pages 118, 119)

No.	Uke	Uchi
1	Stand with the jō in front of the left foot.	Prepare to thrust.
2 3 4	Step back with the left foot and block his strike. Be sure to grasp the jō with the right hand under the left.	Strike down at uke's leg.
5 6	With the right foot, flow forward to the right front.	Thrust
7 8 9	Step on the opponent's left foot, extend the jō against his arms and fell him.	Strike down with the left foot forward.

組 杖—(7) (前頁説明)



Seventh Kumijō (Refer to page 117)





開祖 植芝盛平翁 40代

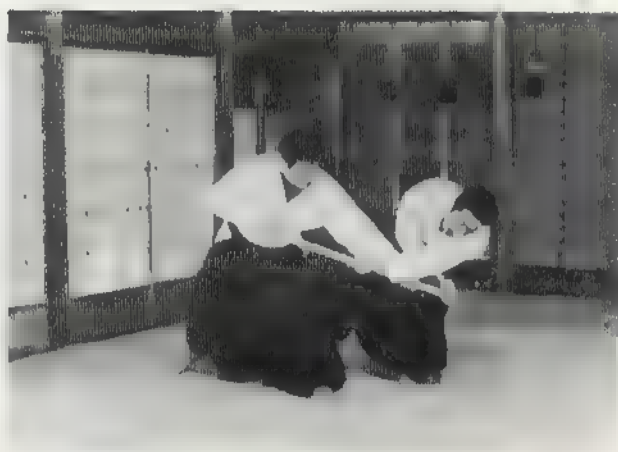
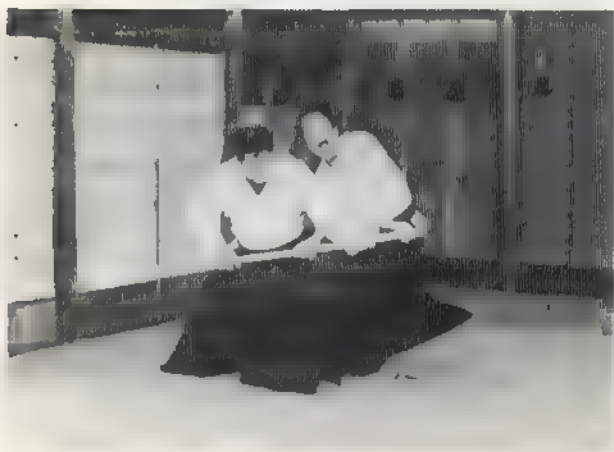
The founder, Professor Morihei Ueshiba about age 45.

2 . 杖取り

Jo Tori



1



(1)

杖取り—(1)

写真	受 け
①	左半身
2 3	右足を開いて突きをかわし杖を握る
(4) (5) ⑥ (7) 8)	相手の右手を制して投げる



3



4



7



8

Jō Tori No. 1

No.	Uke
1	Stand in left hanmi
2	Step around with the right foot to move your body away from the opponent's thrust and grasp his jō.
3	
4	
5	Lock the opponent's right arm and throw him
6	
7	
8	

杖取り—(2)

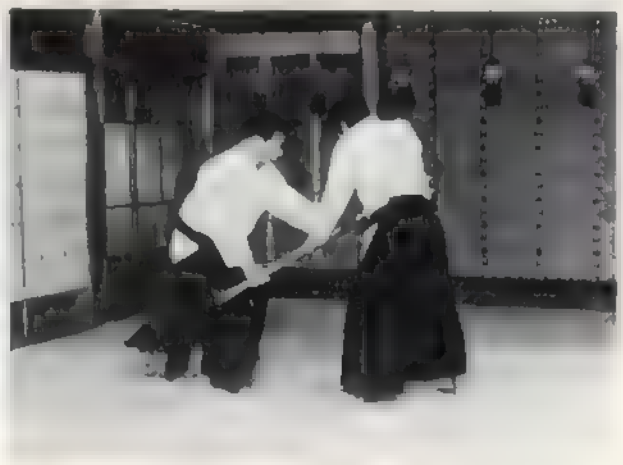
写真	受 け
①	左半身
② ③	体を開いて杖を握る
④	右足を相手の左足の前に進める
⑤	
⑥	自分の杖を振りかぶる様に回転しながら
⑦	相手をくづす
⑧	



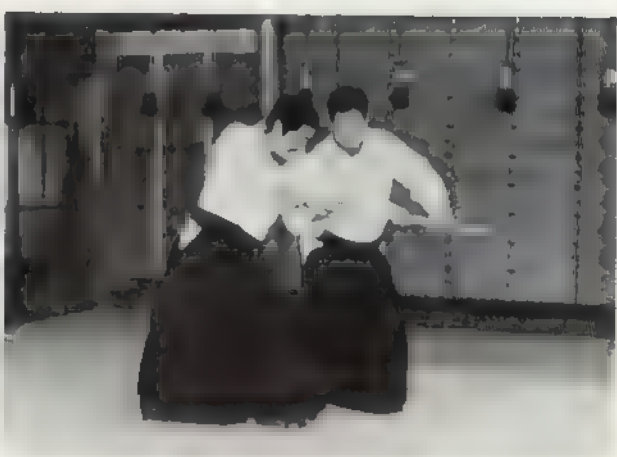
Jo Tori No. 2

No.	Uke
1	Stand in left hammi.
2	Move your body out of the line of attack and grasp the jō.
3	
4	Step in front of your opponent with your right foot.
5	Raise the jō over your head, turn and destroy your opponent's balance.
6	
7	
8	

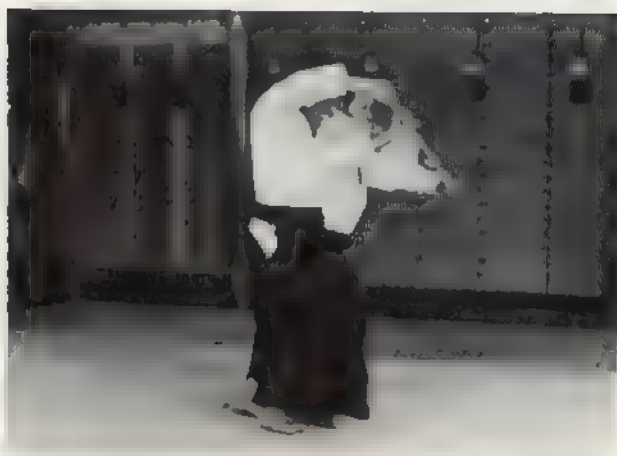
1	2	3	4
5	6	7	8



杖取り一(3)



1	2	3	
4	5	6	7
	8	9	10



Jō Tori No. 3
(Refer to page 128)



写真	受け
1	右半身
2	体を向き、右手で相手の左手の下から杖を握る。右手の握り方に注意。
3	
4	
5	相手の左ひじを制して振りかぶる
6	
7	
8	右半身となって相手に寄り振りおろし、投げる
9	
10	
11	



Jo Tori No. 3 (*See pages 126, 127*)

No.	Uke
1	Stand in right hammi
2	Step out of the attack line and grasp the jō under the opponent's left arm with your right hand. (Note how the right hand holds)
3	
4	
5	Lock his left elbow and raise the jō.
6	
7	
8	Move to right hammi, align with his body, raise the jō up and throw him
9	
10	

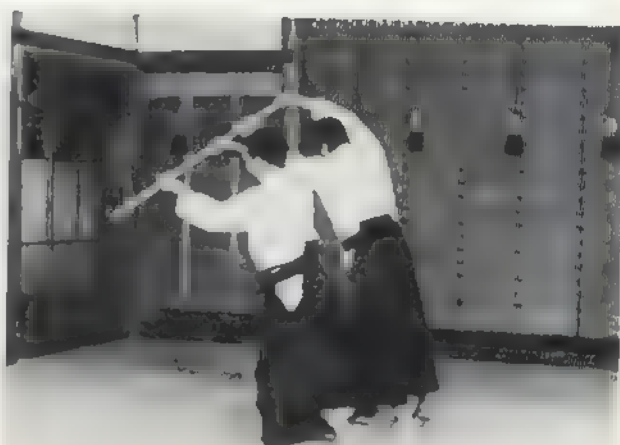
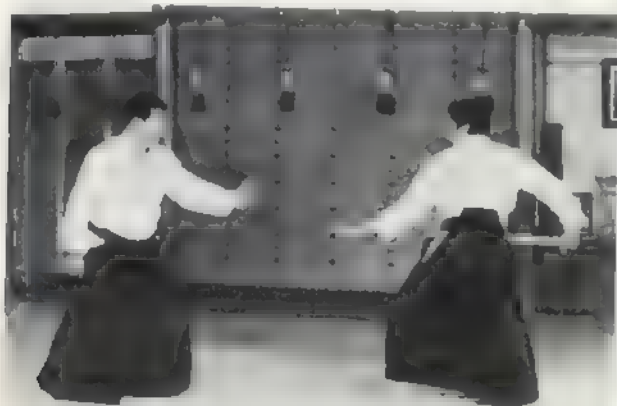


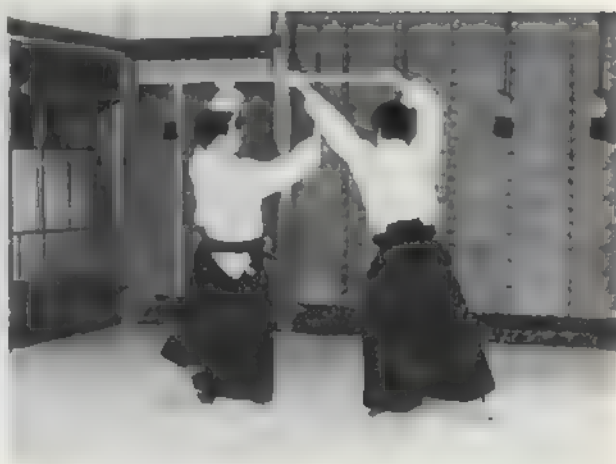
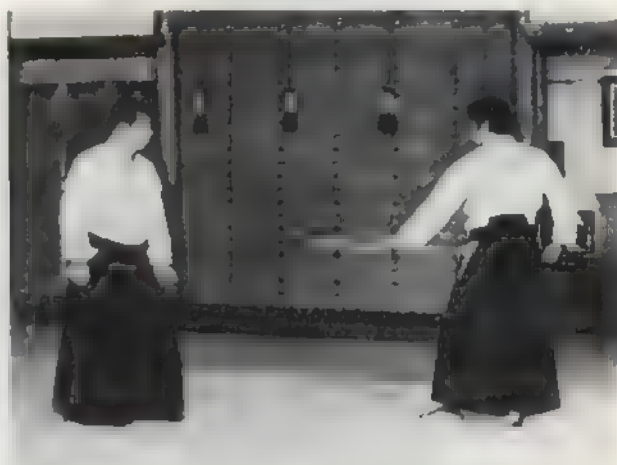
写真	受 け
④	右半身に変わり、右手を相手の両腕の間に 入れて杖を握る。
⑤	
⑥	
⑧	左手を制して投げる
⑨	

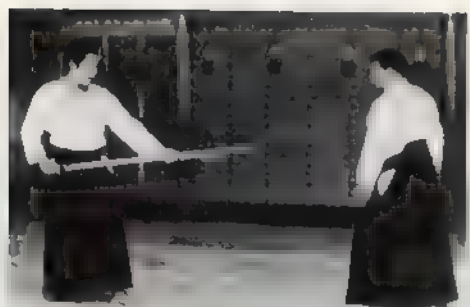
杖取り一(4)

			1
2	3	4	5
6	7	8	9

Jo Tori No. 4

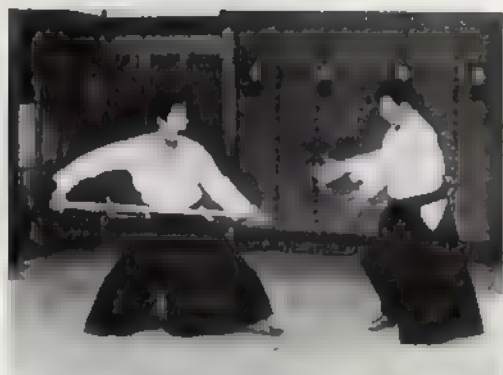
No.	Uke
4	Move to right hammi, grasp the jō between the opponent's arms with your right hand.
5	
6	
7	Lock his left hand and throw.
8	
9	





D

杖取り—(5)



②

写真	受け
1	1/2 半身
2	右足から右に飛んで体を変向する
3	
4	
5	左足を中心にして体を回転させる。
6	
7	



3



④



Jo Tori No. 5

No.	Uke
1	Stand in left hammi.
2	Step forward with the right foot and turn (Tai no Henko).
3	
4	
5	Pivot on your left leg.
6	
7	



杖取り 〔6〕



写真	受け
1	左半身
2	相手の左手を両手で握り右腕をひじにかける。
3	
4	
5	
6	腰を右下にひねる。(右半身)
7	



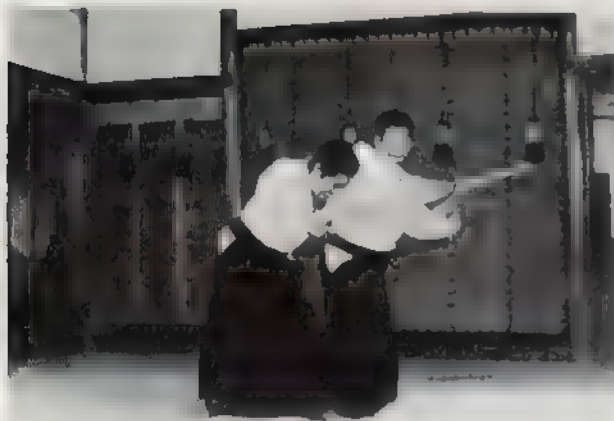
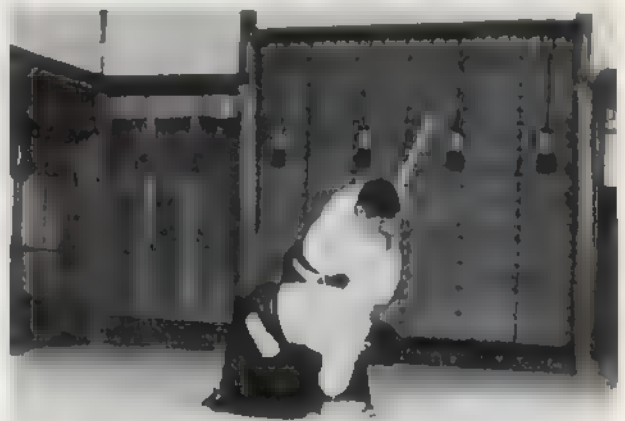
1				
2				7
3	4	5	6	





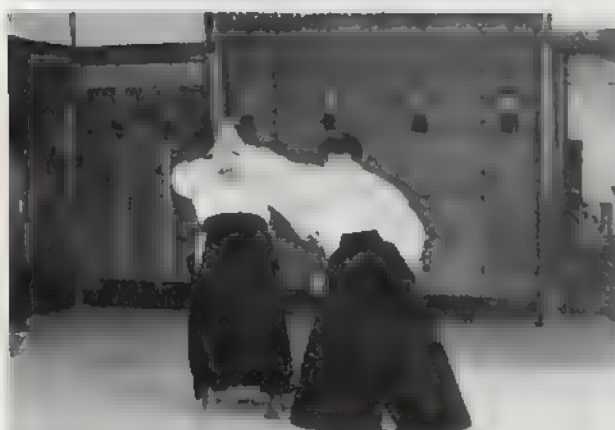
Jo Tori No. 6

No.	Uke
1	Stand in left hammi.
2	Hold the opponent's left hand with both of yours and lock his right arm under your elbow.
3	
4	
5	Turn the hips to the right. (right hammi)
6	
7	



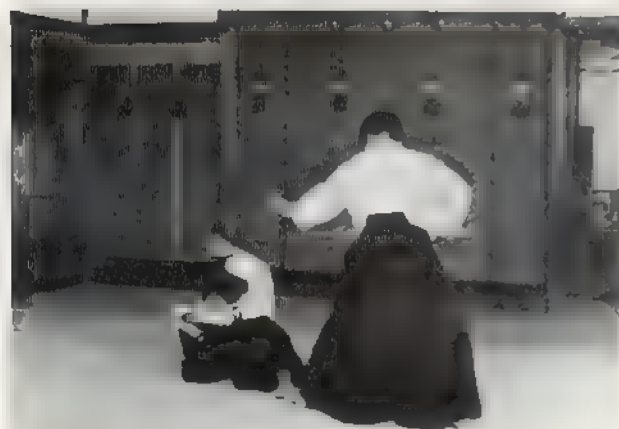
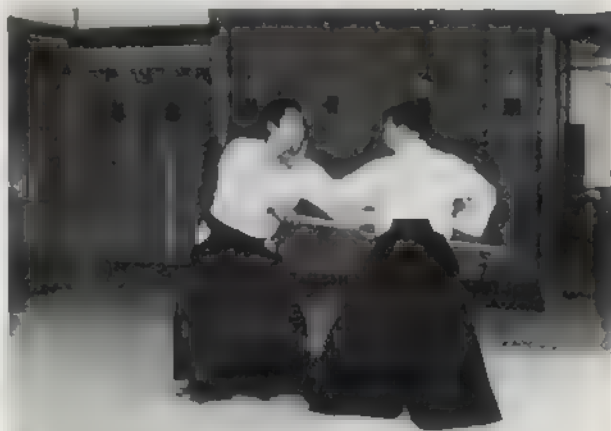
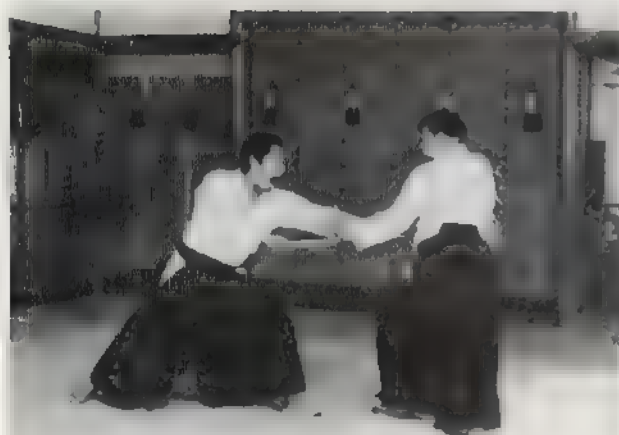
杖取り (7)

写真	受	け
④ う	右足で体を開き、右手で杖を握る	
⑤ わ う	相手の左足を踏み、左手を突き出して倒	

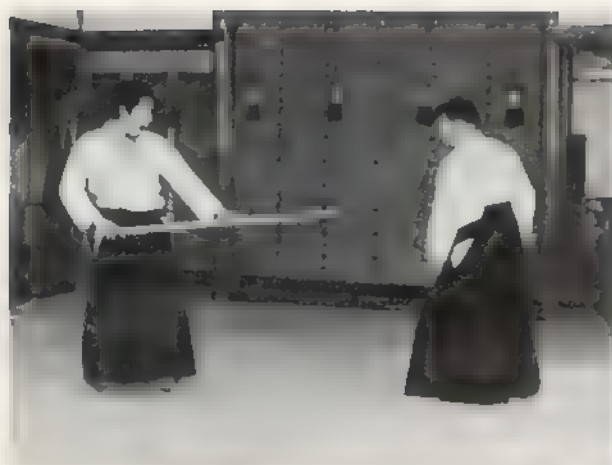


Jo Tori No. 7

No.	Uke
2	Step around with the right foot, move out of the attack line and grasp the jō.
3	
4	Step on the opponent's left foot and extend your left hand to fell him.
5	
6	
7	



1	2	3	4
5	6	7	



1



2



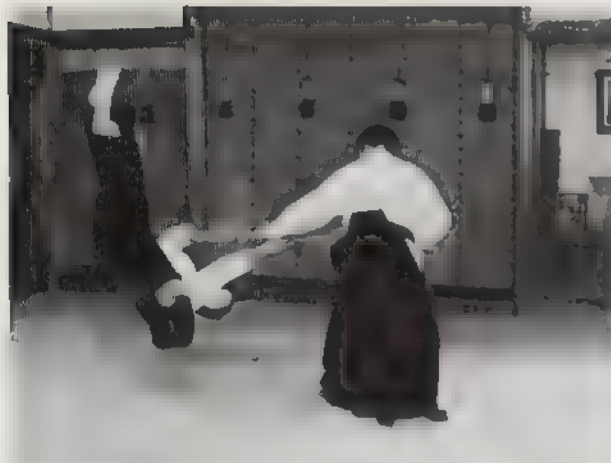
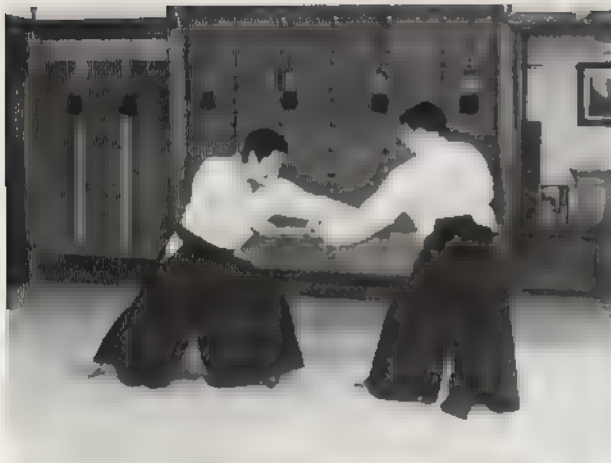
3



⑥

杖取り (8)

写真	受	け
こ	右足一歩を引	
う	両手 杖を握る	
よ	相手 左手を中心に右手を制する	
り	杖を突き出し 投げる	



Jo Tori No. 8

No.	Uke
2	Rotate your body out of the line of attack
3	Grasp the jō with both hands.
4	Pivot the jō around the opponent's left hand controlling his right.
5	
6	
7	Execute a thrust to throw him.
8	

杖取り一(7)

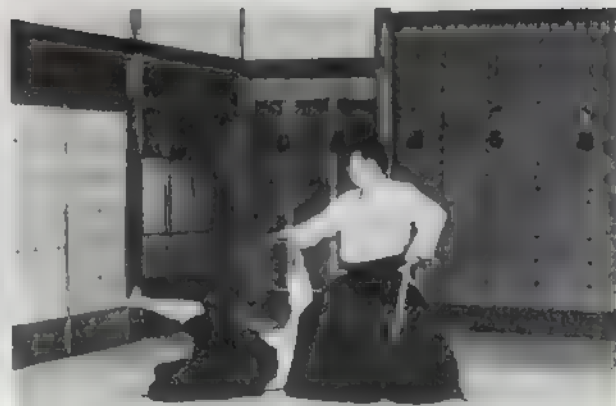
写真	受	け
② ③ ④	体を開き杖を流す	
⑤ ⑥ ⑦ ⑧	左手で杖を取り、右足を相手の後方に進め腰をひねって投げる。	



Jo Tori No. 9

No.	Uke
2	Slide your body alongside the thrust and flow with it.
3	
4	
5	Take the jō with the left hand. Move the right foot to the opponent's rear turn your hips and throw him.
6	
7	
8	

1	2	3	4
5	6	7	8





1	2	3	4
5	6	7	8
9	10		

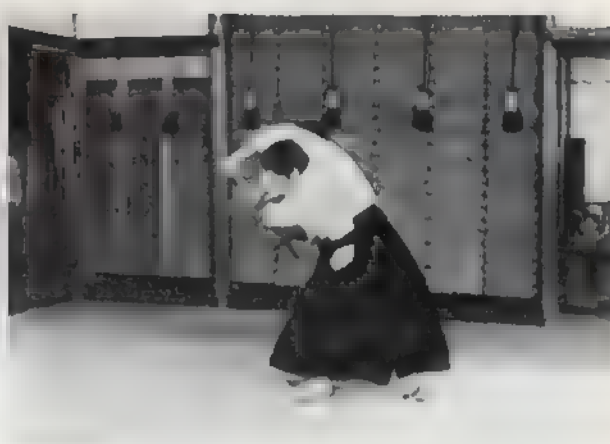
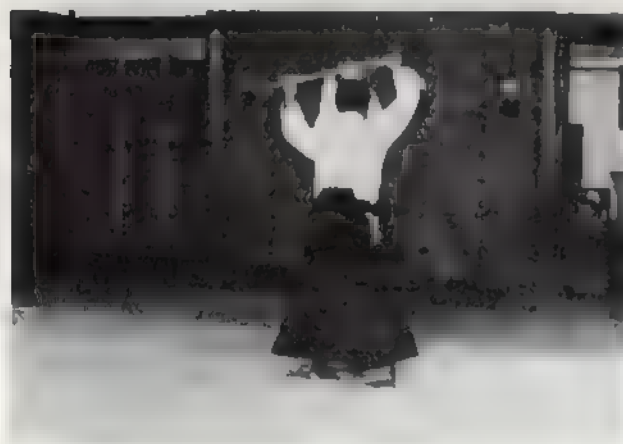


写真	受け
2 3	左足一歩を開
4 5	右手で杖を握る
6 7 8	左手を不え腰をひねり左半身となる
9 10	杖を突き出し、投げる

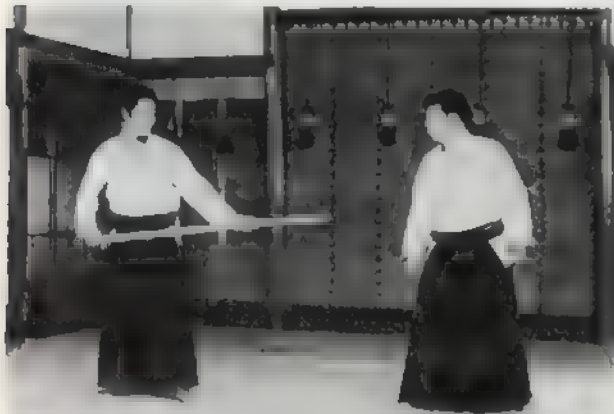
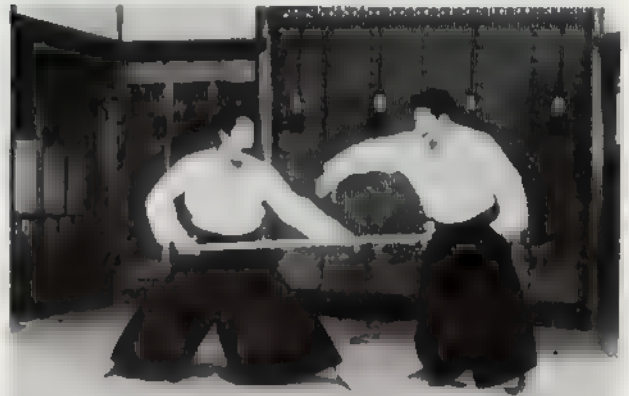
No.	Uke
2 3	Step around with the left foot out of the line of attack.
4 5	Grasp the jō with the right hand.
6 7 8	Hold with the left hand, move to left hammi and turn the hips.
9 10	Thrust with the jō and throw him.

Jo Tori No. 11

No.	Uke
2	Hold the opponent's left elbow with your right hand.
3	
4	Step on the jō with your right foot.
5	

杖取り—(11)

写真	受	け
2	相手の左ひじを右手でとる	
3		
4	右足で杖を踏む	
5		



3. 杖・体術の理合

(体術に対する杖捌き)

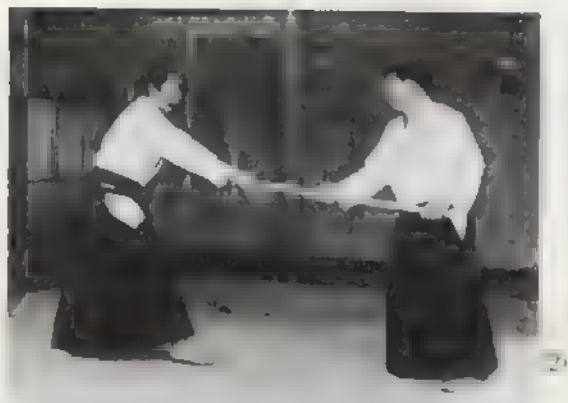
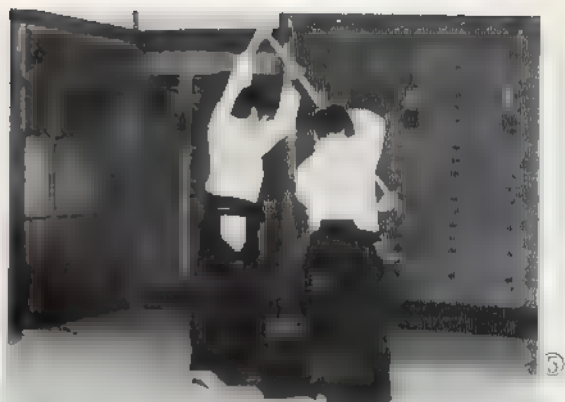
Jo and Taijutsu Relationships

(The attacker tries to take the jō)

この技は、杖をもって打ったり突いたりするのではなく、杖をもたれた時あるいはもとうとする気を導いて投げる技である。

These techniques are used to lead an opponent instead of striking or thrusting at him.

	3
1	4
2	5





理 合—(1)

写真	受 け
①	相半身
②	杖をもたせる
③ ④ ⑤	杖を振りかぶる、相手の表に入る
⑥ ⑦ ⑧ ⑨	腰をひねり体を変向し杖をふりおろす

Technique No. 1

No.	Uke
1	Stand in right hammu.
2	The opponent grasps your jō.
3 4 5	Raise the jō over your head, enter in front of your opponent.
6 7 8 9	Turn your body and strike down with the jō.

理 合(2)

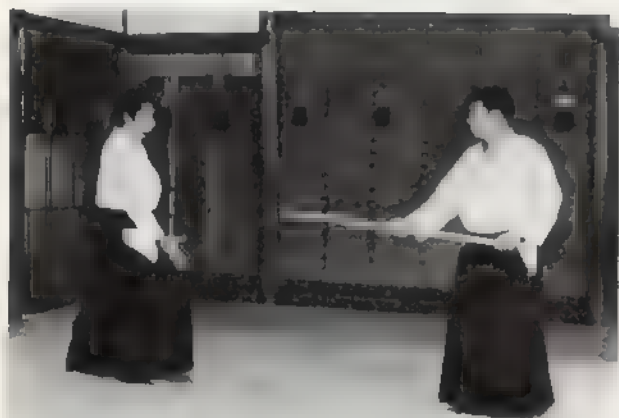
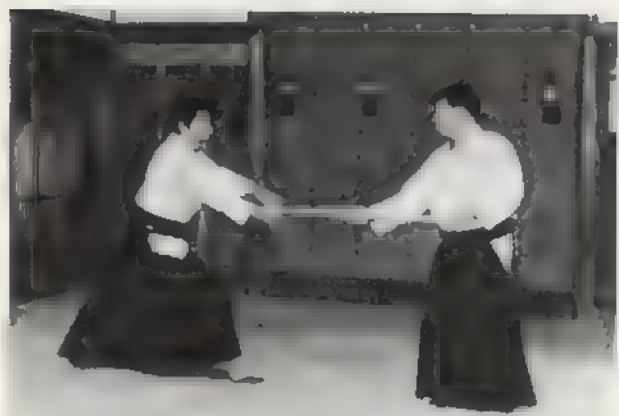


写真	受	け
1	杖を振りかゝる	
2	相手の後方に半歩り	杖、おろす
3		
4		



Technique No.2

No.	Uke
3	Flow with the opponent's power.
4	Raise the jō over your head.
5	Slide a half a step to his rear and strike down with the jō.
6	
7	



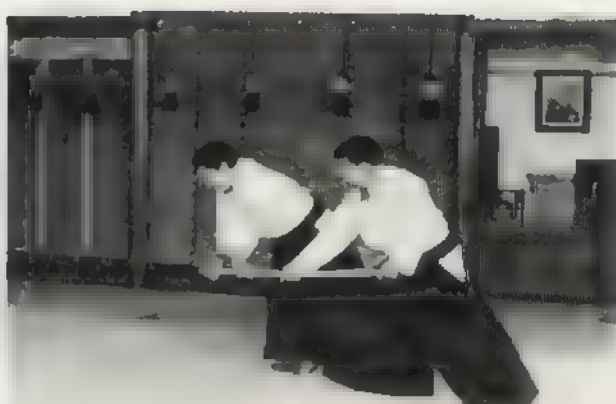
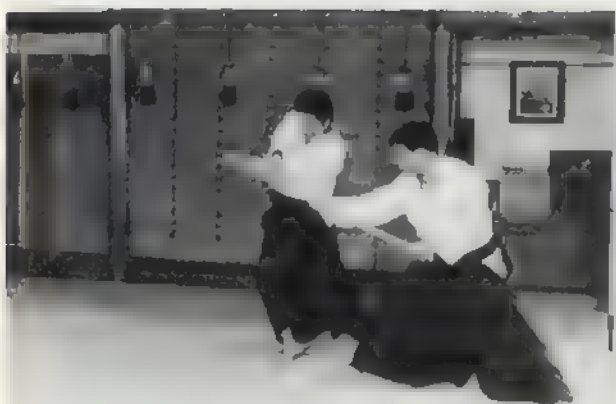
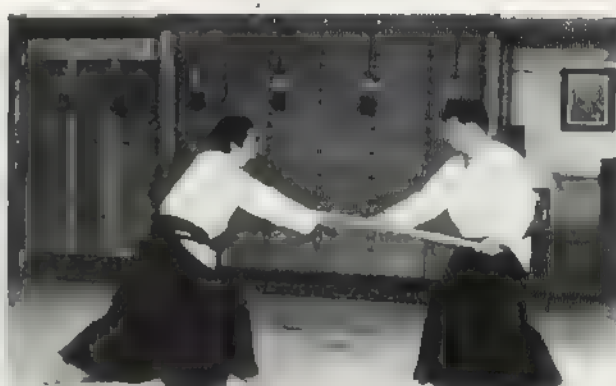
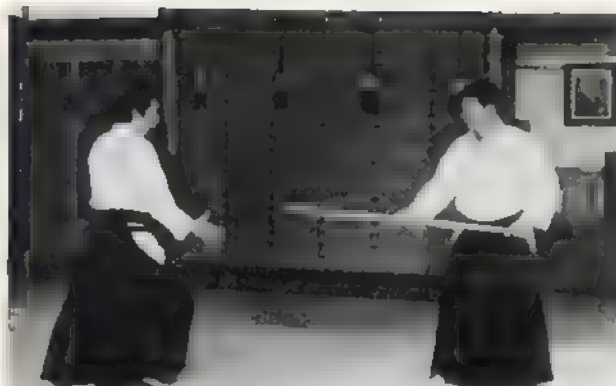
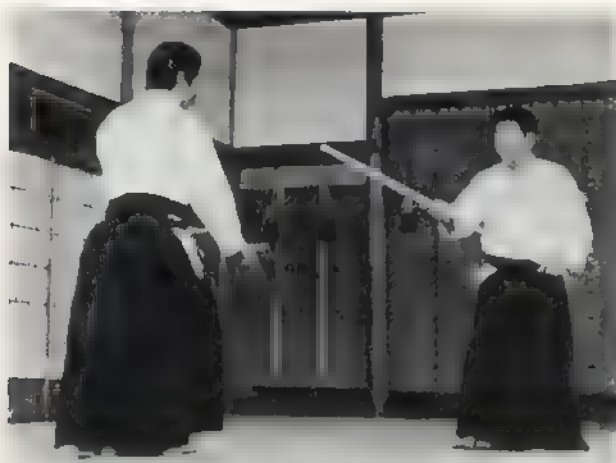


写真	受	け
3 1	おきあて、る力を下、受けを打るおき	
7 6 5 8	相手側は、此の、お枝を突き出す、投げる	



1	2	3	4
5	6	7	8

No.	Uke
3	As the opponent tries to hold your jō down, lead him down, and control his left arm.
4	
5	When the opponent leans forward, thrust with the jō to throw him.
6	
7	
8	



1



2

理 合 (4)

写真	受	け
① ②	相手が片とくとする氣を完全受摩	
③ ④ ⑤ ⑥	相手 右足に杖を入れ、いしなる	



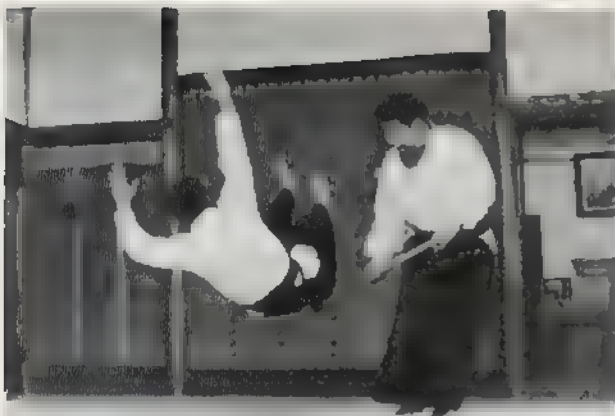
4



43

Technique No. 4

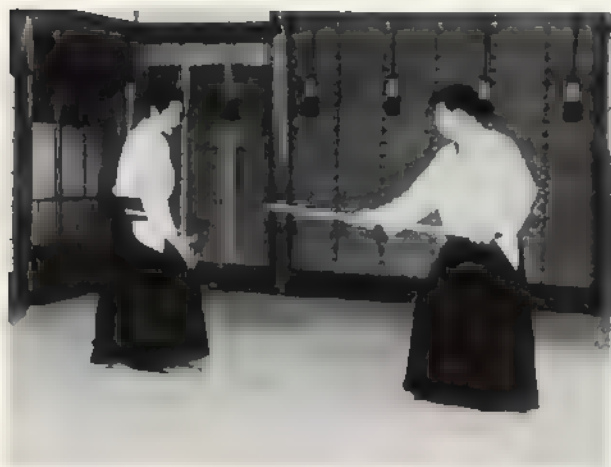
No.	Uke
1	As the opponent grasps your jō, you must lead his Ki completely.
2	
3	Scoop up the opponent's right leg to throw him.
4	
5	
6	



5



6



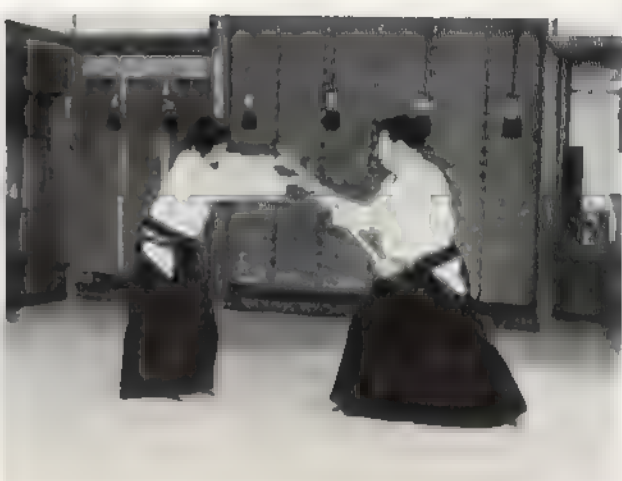
①



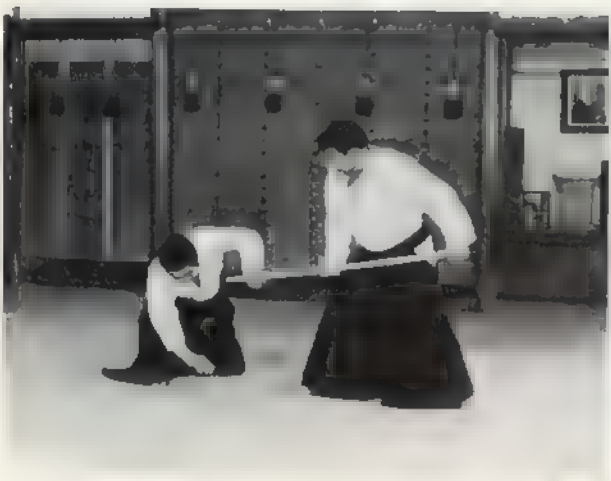
②



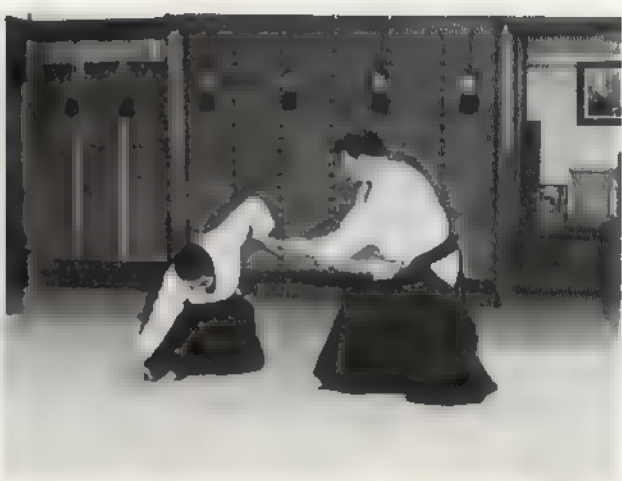
3



4



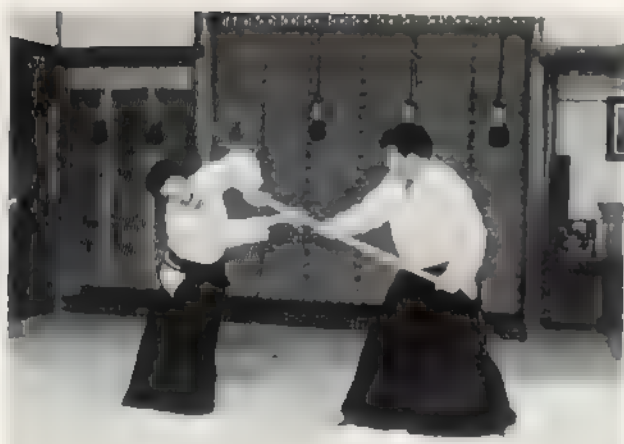
6



⑦

Technique No. 5

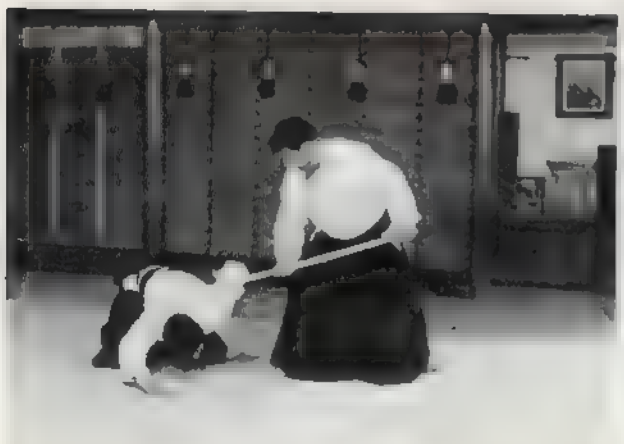
No.	Uke
3	Control the opponent's left wrist.
4	
5	
6	
7	Raise the jō from his side, step around with the left foot and restrain him.
8	
9	



(5)

理 合 (5)

写真	受 け
5 1 7 (5)	相手、左手首を制する
7 8 9	脇より杖を差し込み、左足を開いて相手側へ寄る



8



9



1



2

理 合 (6)

写真	受 け
1 5 6 7	体をひねり右足を後方、世で「投げる」

Technique No. 6

No.	Uke
4	Turn your body, step back with the right foot and throw him.
5	
6	
7	



3



4



5



6



6

理 合 (7)

写真	受 け
3 4	腰を落とし左足を引く(又は右足が出る)
5 6 7 8	両手で半円を描くように杖を顔に振り上げる。右足で相手に進み寄り腰をきめてひねりおろす



1



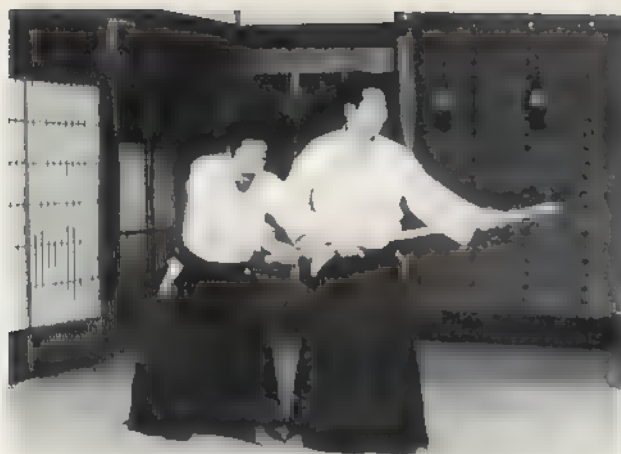
1

Technique No. 7

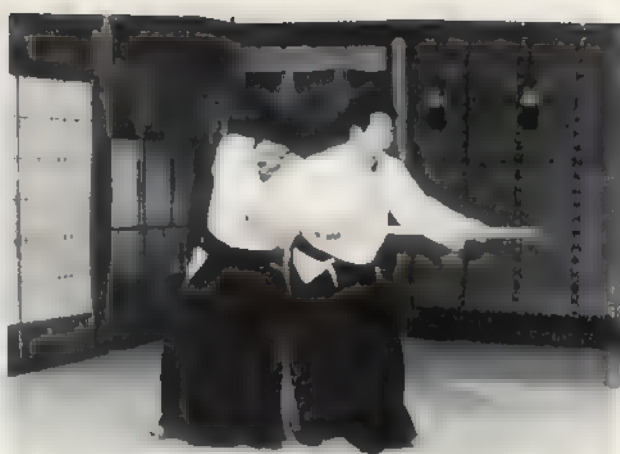
No.	Uke
3 4	Lower the hips and step back with the left foot. (The right foot is forward.)
5 6 7 8 9	Drawing a half circle with both hands, raise the jō to your forehead. Step forward with the right foot to move the opponent. Settle the hips, turn them and throw.



7



2



3



4



5



8



9

4 杖・剣の理合 (剣に対する杖捌き)

Jō and Ken Relationships

理 合 1)

写真	受け・杖	打ち太刀
①	左半身	右半身
②	相手の剣を叩き落す	
③		左に飛んで流し、上段から打ちおろす。
④	相手の右小手を制する	
⑤	打ち太刀	
⑥	打ち太刀	
⑦	打ち太刀	



Technique No. 1

No.	Uke – Jō	Uchitachi
1	Stand in left hammi.	Stand in right hammi.
2	Hit the opponent's ken down.	
3		
4	Control the opponent's right wrist.	Flow to the left raise the ken and strike.
5		
6		
7	Thrust	





1



2



3



4

写真	受け …… 杖	打ち太刀
1		正面打ち込み
2		
3	右に体に移し面打ち。	
4		
5	杖を戻す	左足から突き
6		
7	左に移り突きを流し下段返し、脇を打	
8		



No.	Uke — Jo	Uchitachi
1		Strike with Shōmen Uchi Komī.
2		
3	Step off to the right and strike his face.	
4		
5	Withdraw the jō.	Thrust stepping forward with the left foot.
6		
7	Flowing with his thrust, step to the left. Do Gedan Gaeshi and hit his side.	
8		

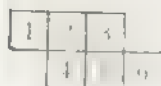
理 合—(3)

写真	受け …… 杖	打ち太刀
② ③ 4	相手の振りかぶりに合わせて飛び込み、 両ひじを制する。	正面打ち込
5 6	体を開いて打ちおろす	



Technique No. 3

No.	Uke — Jo	Uchitachi
2	Blend with the opponent as he raises his ken and control his elbows.	Strike with Shomen Uchi Komi.
3		
4		
5	Move widely to the right and strike	
6		



理 合—(4)

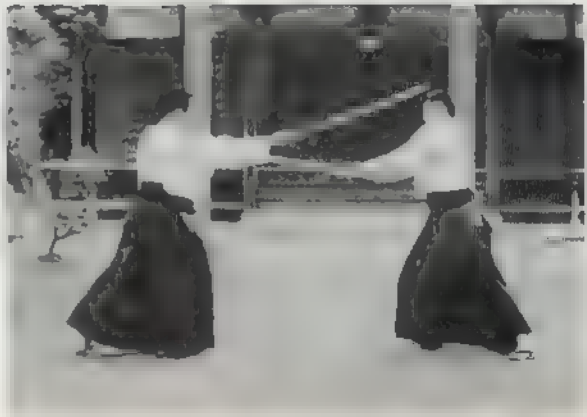
写真	受け …… 杖
② ③ ④	振りかぶりに合わせて入る。
④ ⑤ ⑥	相手の右ひじを制し左足で体を開く、杖を立てて両手を制して抜ける。

Technique No. 4

No.	Uke — Jō
2 3	Blend with the opponent as he raises his ken and enter with the jō.
4 5 6	Extend against his right elbow, and pivot on your left foot. Raise the jō, wrapping up his hands and throw him.

1	4
2	5
3	6







1	2	3	4
5	6	7	8
9	10	11	12
13	14		

理 合 (5)

次自参照

Technique No. 5
(Refer to page 168)

理 合 (5) (前頁参照)

写真	受け…杖	打ち太刀
② ③ ④ ⑤ ⑥	七段返し面打ち	正面打ち込み
⑦	杖をたぐる。	
⑧ ⑨ ⑩	左半身に転じて小手を打つ。	連続打ち込み
⑪ ⑫ ⑬ ⑭	八相返し面打ち	連続打ち込み

Technique No. 5 (See pages 166, 167)

No.	Uke – Jō	Uchitachi
2 3 4 5 6	Move with Jodan Gaeshi and strike his face.	Strike with Shōmen Uchi Komi.
7	Withdraw the jō.	
8 9 10	Move to the left and strike his wrist.	Strike with Renzoku Uchi Komi.
11 12 13 14	Do Hassō Gaeshi and strike his face.	Strike with Renzoku Uchi Komi.



1



2



3



4



5



6

八相返しの動作

1	右半身、構える
2	左半身に移り、構える
3	右手を中央、左手を前、構える
4	左手で軽〜おろす
5	腰を使い、杖を半回転させる
6	八相の構え

The Hassō Gaeshi Movement

1	Stand in right hammi.
2	Change to left hammi.
3	Place the right hand at the center of the jō. The left hand is forward.
4	The left hand lightly moves the jō down.
5	Move the hips back and give the jo a half turn.
6	Stand in Hasso no Kamae.



1



2



3



4



5



6



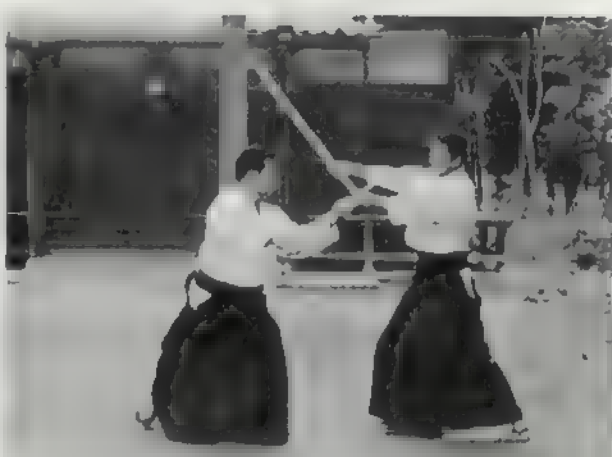
3



4



7



8

理 合—(6)

Technique No. 6

(Refer to page 172)

写真	受け…杖	打ち太刀
② ③	振りかぶりに合わせて突く。	正面打ち込み
④ ⑤	打ちおろしに合わせて上段返	
⑥ ⑦	突きの気持ちで両手の間に杖を差し込む	
⑧ ⑨ ⑩	体をひねり両手を制して投ずる	

Technique No. 6 (See pages 170, 171)

No.	Uke — Jō	Uchitachi
2 3	Blend with the opponent as he raises his ken and thrust.	Strike with Shōmen Uchi Komi.
4 5	As he strikes move with him to Jodan Gaeshi.	
6 7	As if thrusting, insert the jō between his arms	
8 9 10	Turn the body, extend against his hands, and throw.	

理 合—(7)

写真	受け… 杖	打ち太刀
2 ③	上段返し面打ち	正面打ち込み。
④ ⑤ ⑥	左に体をかわし出足を打つ。	連続打ち込み。

Technique No. 7

No.	Uke — Jō	Uchitachi
2 3	Move with Jodan Gaeshi and strike his face.	Strike with Shomen Uchi Komi.
4 5 6	Move to the left and strike his leading foot.	Strike with Renzoku Uchi Komi.

1	4
2	5
3	6





①



②

理 合 (8)

写真	受け…杖	打ち太刀
①	右半身	
②	右足を左前方に進め剣をかわし。杖に相手の右足をすくい上げて投げる。	正面打ち込み
③		
④		
⑤		



3 4



5

Technique No. 8

No.	Uke – Jō	Uchitachi
1	Stand in right hammi.	
2	Move forward to the left with the right foot to dodge the opponent's strike. With the jō scoop up his right leg and throw him.	Strike with Shōmen Uchi Komi.
3		
4		
5		



1



2



5



6

理 合—(9)

写真	受け……杖	打ち太刀
2 3 4	左、飛込「小手を打つ」。	正面打ち込み
2 5	左足を相手の「後方」に進め腰を「ねじ」 投げる	



③



④

Technique No. 9

No.	Uke — Jō	Uchitachi
2.	Move forward to the left and strike the opponent's wrist.	Strike with Shōmen Uchi Komi.
3		
4		
5	Move your left foot the opponent's rear, turn the hips and throw him.	
6		

理 合—(10)

写真	受け…杖	打ち太刀
①	左半身	
② ③ ④ ⑤	上段返し下段打ち	正面打ち込み

Technique No. 10

No.	Uke — Jō	Uchitachi
1	Stand in left hammi.	
2	Do Jodan Gaeshi but strike low at the leg.	Strike with Shōmen Uchi Komi.
3		
4		
5		



①



②



③



柔道 立合 (Ryūkyō Jūdō Tachiawase)

立合の形 (Tachiawase no Kata)



④



⑤

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